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Smelting's a sure cure for cabin fever

By ALISON ALOISIO

They stand in cold, knee-deep water, at night, for hours at a time. They peer by lantern light at the bottom of the lake, hoping to catch a glimpse of the small, silver fish. They wait for the moment a school appears over their submerged nets, ready to jerk the fish from the water.

Why do smelters do it?

For some, it's the taste of the fish. For others, it's the price they can get selling them as bait.

But there's one reason most -- if not all -- share. Smelting is the sure-fire cure for cabin fever, which reaches epidemic levels by early April.

"Spring gets here, and people want to get out," said lifelong smelter Ken Mason of East Bethel. "For a lot of people, it's a family affair."

That's the case for Jeff and Sheila Fleet of Hanover. They take sons Casey, 9, and Mike, 6, smelting on a regular basis.

'If people worked half as hard at everything else as they do at smelting, this would be one fantastic country.'

RICK MILLS
Game Warden

Jeff said it didn't take long to get Mike hooked on the sport. One of his first times out, at age 4, he went into a brook on his hands and knees after the fish.

"He was picking them up with his hands," said Jeff. "I said, 'Get out of there. You're soaked, and you're going to freeze.' He said, 'I'm not cold. I'm catching smelt!'"

Mike's method was a success. He caught his limit of two quarts.

Smelting season runs generally

from early April to mid-May, the fish's spawning season. Lake Christopher in Bryant Pond is a popular local smelting site.

Dozens of fishermen gather nightly near the Maine Conservation School, waiting for the fish to run.

"It's lit up like a Christmas tree, with the gas lanterns," said Mason.

While very popular, the sport has changed over the years. Whether it's for the better or worse depends on who you talk to.

The limit on a night's catch was cut in half several years ago, from four to two quarts of fish. Two quarts means anywhere from 50 to 200 fish, depending on their size.

Smelt are forage food for game fish, particularly salmon. Game warden Rick Mills said the limit was cut when the Department of Inland Fisheries and Wildlife found the growth rate for salmon was not what it should be -- implying the smelts were in shorter supply.

Keith Bartlett of Bethel used to smelt, but he gave it up about five years ago. He said the reduction in the limit was one of the reasons he quit.

"It's not worth driving and fighting a big crowd for it. People will spend from three to six hours for four quarts, but not for two," he said.

He also said some smelters disagree with the DIFW's contention that the salmon growth rate and

See SMELTING, page 5

Andover voters oust Joe Madigan

By ALISON ALOISIO

In the first recall election in the town's history, Andover selectman Joe Madigan was removed from office Monday by a vote of 134-50.

The vote is effective immediately. Selectman Dick Plantier said a special election to fill the vacant seat will probably take place on primary day in June.

Madigan has been a controversial figure in Andover since he was elected to a three-year term in March of 1995.

He was at odds with Fire Chief Ken Dixon over department finances last spring, prompting Dixon and about two dozen members of the department to give notice of their intent to resign.

The resignations were later withdrawn before they could take effect. Later in the year, Madigan clashed with Sid Pew, who questioned Madigan's handling of transfer station finances. Madigan adjourned several selectmen's meetings early to end discussion on the matter.

Pew declined to comment on the outcome of the recall election. It was he who requested that the procedure for a recall vote be put before voters at the annual Town Meeting in March.

A few days after its approval, Kelly Scotti circulated a petition calling for Madigan's recall. The petition garnered 75 signatures.

Madigan could not be reached for comment. Plantier's only comment on the vote was that it was "the will of the people."



UNDER THE LIGHTS--There was no lack of entertainment in the Bethel area Friday evening. Above right, a smelter waits by lantern light for the fish to run in Lake Christopher in Bryant Pond, in Bethel,

it was Friday Night at the Movies as these Broad Street houses played a role in a "Myth of Fingerprints" street scene.

(Photos by Alison Aloisio)

Extras! Extras! -- Read all about 'em

• If they don't end up on the cutting-room floor, these local folks may soon be appearing at a theater near you.

By ALISON ALOISIO

When "Myth of Fingerprints" finally hits the big screen, Bethel-area movie goers might want to see it twice.

The first time to look for familiar faces and places ("There's Dan Wigley ... There's Scott Jerome ... There's Bear River Cabins!").

The second time to see what the story was about.

That's no reflection on the quality of the movie. It's just that with two dozen local residents appearing as extras, their friends are bound to be distracted from the plot.

Shooting for the film (about a family gathering at Thanksgiving) has been underway for three weeks in the Bethel area. The call for extras went out early on, and people from all over the area responded.

Making his debut as a train conductor last week was Scott Jerome,

who normally conducts publicity for Gould Academy.

The filmmakers shot arrival and departure scenes at the train station in North Conway, N.H., last Monday. Jerome's assignment: walk down the train steps and wait for people to unload, and walk up and down the loading platform.

"I was so nervous my knee was shaking," he said. "I thought it wouldn't show because the scene would be mostly from the waist up. Then I found out part of the scene was just feet and legs."

Jerome also said he had to practice coming down the train steps a few times, to perfect his conductor swagger.

He applied to be an extra because he thought it would be interesting.

PUBLIC SUPPER
Telstar Regional High School Cafeteria
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Baked bean & casserole supper to benefit P.A.S.S.
Telstar High School Parent Group
Adults: \$5 Children Under 12: \$2.50 Preschoolers Free

"It's a big happening in a small town. I wanted to see the nuts and bolts of how a feature film is made."

"I was amazed at how much time went into what seemed like a minute of film time," he said. "It's 99 percent hard work and 1 percent glamour."

For the extras, though, there was a lot of "hurry up and wait" while technical adjustments were made.

"Someone said it was like being on jury duty," Jerome said.

He said while they were paid for their time, no one should expect to get rich being an extra.

Jeremy Grimm of Bethel was also an extra in the train scene. He may find himself on a blooper tape somewhere.

Grimm's part called for walking by one of the actresses on the loading platform.

The actress is chewing food, and

See MOVIE, page 4

Bethel budget

Voters will be asked to approve overspending in Legal Fees Account

By MICHAEL DANIELS

When the Bethel selectmen present their proposed FY '97 to voters at Town Meeting in June, they will also be bringing along an unfinished piece of business from FY '96 -- they will be asking voters to approve an overdraft of more than \$25,000 in the town's Legal Fees Account.

The town had budgeted \$4,000 in the legal account, and much of that has been spent on relatively routine matters.

But during the course of the year two personnel matters have cost the town an additional \$26,580.

Police Chief Dale Bellman's disciplinary suspension cost the town \$4,642 in legal fees, but by far the largest batch of legal bills resulted from the January firing of town clerk Merton Brown.

The town has so far spent \$21,937 on legal assistance regarding the firing. Brown's disciplinary hearing alone cost \$12,549 in legal fees.

Brown's case has apparently run its course, except for an unemploy-

ment appeal which the town's attorney has agreed to handle for no further fee. So the matter is not likely to cost the town further.

Town Manager Madeleine Henley told the selectmen Monday that the overdraft can probably be covered from unused funds from elsewhere in the FY '96 budget.

But any shifting of funds between budget functions must be approved by voters. Accordingly, the selectmen agreed to place on the Town Meeting warrant an article authorizing them to cover the overdraft.

The selectmen also had the option to call a special Town Meeting to seek the authorization, but they opted unanimously not to go that route.

"If we put it to a special meeting it looks like we're trying to dance around it," said board chairman Bob Chadbourne.

As to the fees themselves, "We were put in a position where we had no choice," Chadbourne said.

Funding for community TV falls to budget ax

By MICHAEL DANIELS

Funding for the community television station was a casualty Monday evening, as the town's Budget Committee and selectmen pared down the proposed budget for FY '97.

After making a number of relatively minor cuts and adjustments, the two boards concluded their months-long review by agreeing on an operations-budget proposal of \$1,367,937, down \$4,880 from the current budget of \$1,372,817.

On all the function areas in the proposed budget, a majority of both boards voted in favor of the recommended figure, which means that Town Meeting voters will not be faced with conflicting recommendations.

But there was a clear split on the matter of funding for Channel IV vote, which falls within the leisure service function area.

Voting as a single group, the selectmen and Budget Committee members split 7-6 on a motion to deny funding.

Last year Bethel contributed \$2,672 to the television station. That figure amounts to roughly half the annual fee the town receives from the local commercial cable company.

This year, as they have in the past, the station supporters asked for the full amount of the commercial fee (\$5,345).

The motion to recommend no funding was made by Budget Committee member John Gray.

A counter motion, calling for funding at the present level, was made by selectman Dutch Dresser.

There was no discussion of the merits of either proposal, and Gray expressed surprise when a quick vote upheld his motion.

Petition planned

The annual budget for Channel IV is approximately \$5,000, according to board member Cathy Newell.

Last year Bethel's contribution made up about half the budget, with

See CHANNEL IV, page 4

Annual Meeting
Middle Intervale Cemetery Association
Wednesday, May 1
at the home of
Robert & Althea Stevens

The Mahoosuc Arts Council with the support of the Maine Arts Commission

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BRUNSWICK--The monument says he has received the honor of a 19th-century-old markers, but the stone is not his ancestor's stone. Roger R. Johnson, 68, of Brunswick, is the son of Ralph Johnson on his father's side. Johnson's great-great-grandfather, a man with a thin face down in his 70s, was buried in a thin layer of cement. The stone was, he called it, a "thin layer of cement." The society discovered that the stone was the work of maker Samuel F. Morse, who lived in Brunswick in the late 1800's. They found it in his family's yard.

THIS WEEK AT THE Moses Mason House

All members and friends of the Bethel Historical Society are invited to the next oral history session which will be held on Thursday, May 2, in the meeting room of the Moses Mason House, beginning at 7:30 p.m. The meeting's topic will be a panel discussion with the World War II veterans. Anyone interested in attending this session is cordially invited to come share memories and/or reflections on this era.

The collected social history of this period is growing with each passing year. One of the more recent works related to this era is William M. Deane, Jr., "Daddy's Gone to War: The Second World War in the Lives of America's Children," published by Oxford University Press in New York in 1993. There have been a number of books published on domestic life during the war, among the most popular is Richard Lingeman, "Don't You Know Where's A War On? The American Home Front 1941-1945" (New York: G.P. Putnam's Sons, 1970).

LOOKING BACK

Years ago: Tri Town Rescue, a volunteer group serving Greenwood, Sumner, West Paris and Woodstock, voted to build a two-barn and training rooms at Trapner (current site of the service). John Buckman, of Telstar, and the Courchesne, a Gould student, were winners in the Bethel Rotary's "Letters for Peace" contest. DEP approved David Head's application to construct and operate a small hydro-electric generating station on White Brook in Gilead and Jay. Births: Garth Retallack, Dorothy Cole. Deaths: Everett E. Cleo Billings, Katherine E. Leroy Bennett Jr.

Years ago: Members of the U.S. Army's 10th Special Forces Group, "Green Berets," used Bethel for a parachute-dropping point in preparation for special field training exercises in the White Mountain National Forest area. N. Kenneth Smith was named superintendent of schools for MSAD44. Over 100 children participated in the Easter hunt at Bethel Bisbee and Crescent Park schools. Births: Amy Bennett, Adam Croteau, Todd Smith. Deaths: Marion Day.

Years ago: Brian Buck, a senior at Gould Academy, was the recipient of a scholarship from Oxford Paper Company. A/3c David Smith was selected for training as a craft accessories maintenance technician at Chantute AFB, Ill. Summer press manager, Timberlands andstry at Oxford Paper Company, Boise Cascade, was appointed chairman of the Keep the Green Committee. Frances E. Mayville celebrated her birthday at a family dinner at her home. Birth: Edward Ward. Deaths: Otis Magown, n Ames, Alta Meserve.

Years ago: The 90-year-old Smith shop, a part of the Congregational Church (located beside the present Bethel's Upholstery shop), was down. It had housed many businesses: a blacksmith's shop, a shoe company, an automobile repair shop in 1911, a woodturning shop in the 1920's that was owned by James Spinnery, etc. Maj. Sid Dyke, McConnell AFB, was awarded the highest possible rating as a command pilot. The three-story building, owned by June and Alan Greig, beside the former Namey building (now rented to the U.S. Post Office and Telstar) was also owned by the Greigs. It demolished (now part of the Foodliner parking lot). Johnington closed (after 23 years in business) the Bethel Feed & Grain company on Summer Street (now stage restaurant). Birth: Susan Smith (adopted), Marjorie Sandra Bell and William Seaver. Deaths: Rev. Trelawney Chapman, Littlefield.

Years ago: Bethaven Inn (now Foreman Inn) hosted the Oxford County Branch of the National Association of Postmasters. Richard G was chosen president and Mr. Myers manager of the new-organized Bethel baseball team. Birth: Philippa Steinkicker. Deaths: Roland Glines, Death: Henry n.

Years ago: The Bartlett family, H.H. Hutchins, J.H. Estes, Blake and George Swan, all of Bethel, returned to their homes for a winter working in the woods. Tyler and two sons, age 13 and 11, were running a sugar orchard of 171 trees in West Bethel. Local teachers in Bethel were members of the International Reading Circle which acquainted them with the best methods of teaching. "Beyond the Rockies" was voted by the Drama Club of the Hand Lodge of I.O.G.T. national Order of Good Will (Masons) in Odeon Hall.

is in Looking Back are contributed by the Bethel Historical Society from back issues of The Citizen.

The Bethel Citizen
For complete
local news coverage

Briefly

Monks campaigning here

BETHEL--U.S. Senate hopeful Bob Monks is scheduled to campaign in Bethel today (Wednesday). He plans a walk on Main Street at 1:30 p.m. A businessman, Monks served President Reagan as a director of the Synfuels Corporation and in the Labor Department. He is seeking the Republican nomination to succeed Sen. Bill Cohen, who will leave the Senate at the end of the year.

'Mass confusion' at executive session

BETHEL--The SAD44 School Board Monday spent roughly an hour discussing whether they were in executive session, according to Supt. Ron Jenkins. A motion was made and approved part way through Monday night's meeting to enter an executive session at the end of the regular agenda. Its stated purpose was to discuss the superintendent's goals. At the conclusion of the regular agenda items, others attending the meeting left. At that point, Jenkins said, directors were divided on whether they were actually in an executive session, because of confusion on the earlier vote. "Seventeen good people disagreed on what had happened," he said. The board finally defeated another motion to enter executive session, after interest in holding the session had "gone away," in Jenkins' words. He said the goals were never discussed, and described the proceedings as "mass confusion."

Kendall Brook Bridge repairs done

GREENWOOD--The repair of Kendall Brook Bridge in the Irish Neighborhood is complete, road foreman Alan Seames said last week. Bancroft Contracting Corp. of South Paris filled around and repaired the abutments, which were damaged in a rainstorm last fall. The town road crew made initial repairs, but when money ran out the town applied for and received a federal grant up to \$25,000 to pay for the work. The final price from Bancroft was \$22,500.

Meeting on roadside spring planned

WOODSTOCK--A meeting of citizens interested in restoring the Route 26 roadside spring is scheduled for Thursday at the Woodstock Town Office. Jim Chandler of the Oxford County Soil and Water Conservation District said he will update people on the spring's status, as well as discuss future options. The spring was closed by the Maine Department of Transportation in November after a water test found an unacceptable bacteria count. Chandler said there has been a lot of support from townspeople for finding a way to reopen the spring. The meeting starts at 7 p.m.

Pipeline to avoid Crooked River

WATERFORD--Representatives of the Portland Natural Gas Transmission System talked to Waterford, Harrison, and Otisfield residents last week regarding a natural gas pipeline planned to run through their towns. The informational meeting drew about 60 people. The new 250-mile pipeline, which developers hope to put in service in 1998, would link the TransCanada PipeLines at Jay, Vt., to the Tennessee Gas Pipeline in Haverhill, Mass. The new 20-inch pipeline would replace a smaller one that was converted from oil to gas in 1987 and is being switched back to oil. The project would require purchasing easements from about 80 Waterford landowners. While most of the pipeline would run parallel to the Portland Pipeline or Central Maine Power Co. transmission lines, one section must be diverted to avoid impacting the Crooked River in Waterford. A project spokesman said the companies involved would try to satisfy people's concerns regarding the pipeline.

Game farm school programs

GRAY--The Gray Game Farm will be the site of several 45-minute wildlife programs this summer for school children grades K-12. Presentations will be on 14 consecutive Wednesday and Thursday mornings from May 1 through June 14, and will include such topics as endangered and threatened species, Smokey's fire safety tips, a bird banding program, warden canines, owls and owl pellets, wetlands and wildlife, walking tours of the game farm, skins and skulls, feathers and nests and fish. For more information call 287-5244.

Why are fuel prices up?

YARMOUTH--The Maine Oil Dealers Association is citing a number of reasons for recent increases in prices for gasoline and diesel fuel. Wholesale gas prices have increased an average of 14.16 cents per gallon, while diesel fuel prices have risen 14.23 cents per gallon. Inventories are at an all-time low, while demand has remained high. Reasons given for low inventories are that refiners are maintaining lower operating inventories as a means of reducing costs, and many refiners anticipated the addition of Iraqi crude oil to the market. But the Iraqis are still negotiating with the United Nations, and the oil has not materialized. The association also said that government regulatory requirements (specifically, mandated new fuels) have taxed the ability of the industry to refine, store and distribute products. Some petroleum experts believe the lower inventory of crude oil will be short-lived.

Wildcat plans detachable quad lift

GORHAM, N.H.--Wildcat Ski Area is proposing to install a detachable quad ski lift, 6,700 feet in length, to upgrade and extend its current 2,500-foot triple chairlift known as the Catapult, according to the U.S. Forest Service. The lift would be the primary base to summit lift for the resort, which wants to increase its efficiency and speed of moving skiers up the mountain. The quad lift is intended to help Wildcat be competitive with other resorts in the area that offer the same type of services. Construction is expected to begin early this summer and finish late in November. The Forest Service is soliciting comments from interested citizens regarding the proposal, which would require some clearing of trees for the lift.

L.L. Bean goes West

FREEPORT--People on the West Coast will soon be able to shop at L.L. Bean. The outdoors outfitter said it plans to open its first West Coast retail outlet this spring, a factory store that will anchor an outlet shopping center in Lincoln City, Ore. The store will offer discontinued items, second-quality returns and similar merchandise at discounts. The new outlet will be Bean's seventh factory store and its first beyond the East Coast. The others are in Freeport and Ellsworth; Concord, Nashua and North Conway, N.H.; and Rehoboth Beach, Del.

PCBs found in Loring waters

LIMESTONE--Fish taken from several ponds and streams around the former Loring Air Force Base are contaminated by PCBs and should not be eaten, according to Maine health officials. The chemicals were discovered as part of the continuing cleanup of contamination at the former bomber base. People exposed to PCBs have suffered liver, eye and skin problems, and in laboratory tests animals exposed to PCBs have developed cancer and reproductive problems.

Descendant claims tombstone

BRUNSWICK--The homeowner who found six tombstones in his basement says he has received calls from descendants of those named on the century-old markers, but only one has come forward to claim an ancestor's stone. Roger Reindl said he gave the only intact stone, carved for Ralph Johnson on his death in 1880, to Sylvia English of Harpswell, Johnson's great-great-granddaughter. Reindl found the six tombstones lying face down in his basement April 7, after he started chipping away at a thin layer of cement covering the markers. After realizing what the stones were, he called the Pejepscot Historical Society for help. The society discovered that Reindl's house had been built by tombstone maker Samuel F. Morse, who owned Morse's Marble and Granite Works in the late 1800's. They speculated the stones could have been rejects, or traded in by families who wanted larger monuments in their place.

From the Bethel Police log:

Truck cleans out car wash

On April 18 at 5:30 p.m. the owner of Dan's Car Wash on Cross Street reported damage to the automatic car wash. An unknown vehicle had tried to go through it. The vehicle had obviously been too tall, and it caused severe damage to the mechanical parts of the machine. The only evidence were pieces of plywood. It appeared that the cargo box of the vehicle -- possibly a pick-up truck -- was approximately four inches too high. The entire track system of the car wash mechanism was bent, and the wash trolley was sprung and cracked. Damage was estimated at \$100,000.

Saturday, April 20

At 4:05 a.m. a Gould Academy watchman reported three or four juvenile males running around the campus area making noise, yelling and screaming. The complainant thought the subjects were students at Gould, because the last time they were observed running across the athletic field they were yelling the names of Gould teachers along with derogatory remarks and comments. The police were unable to locate the subjects.

At 8:45 a.m. a Bethel resident reported she was involved in an accident early in the morning on Route 2, while returning from a party. She said she had not called police. The front of the vehicle was damaged and the windshield was broken due to her head striking it. Stephanie K. Walley, 28, was summoned for failing to give notice of an accident by the quickest means.

At 9:34 p.m. police observed a vehicle with Massachusetts license plates at the Bethel Transfer Station. On questioning the occupants, the officer learned they were watching for black bears feeding from the dumpsters.

Sunday, April 21

At 8:40 a.m. a subject was stopped on Route 2 for speeding (50 m.p.h. in a 35 m.p.h. zone). His license was under suspension, and he had an active district court warrant for arrest and assault. Wilfred F. Pulk of Lewiston was arrested for the warrant and charged with operating after suspension. He was taken to the Oxford County Jail and held in lieu of bail.

This report highlights points of interest from the Bethel Police Department log, but does not include all reports of police activity. To reach the Bethel Police Department, call 911 in emergency situations, 824-3437 in non-emergencies. An answering machine takes calls when an officer is not in the office.

FROM THE

Bethel Town Office

Many have noticed the weight limit signs on the town's roads. This became effective by order of the selectmen from April 2 through May 15. The intention is to preserve the local roads from excessive damage. I would like to take this opportunity to address all travelers. No matter the weight of any vehicle, the ability to cause undue damage is there. As the spring thaw continues, the roads become more fragile. As the roads become more fragile, the travelers must use their best judgment. Good old common sense and the ability to live with a bit of short-term inconvenience should help pull us through this long awaited mud season. Minimal damage is the goal. Thank you in advance for your cooperation. All parties affected by the weight limits must contact the Town Office at their earliest convenience for an Exemption Permit and Promissory Note.

Kathy Kovelesky
Management Assistant

Closed until May

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Closing May 5th

Letters

Continued from page 2

CMP ON TREE-WORK LETTER

To the Editor:

Recently M.R. Davidson expressed concern about traffic safety where crews from Lucas Tree have been trimming around Central Maine Power Company distribution lines in the Rumford/Andover area (letter to the editor, April 17).

We at CMP are working with Lucas Tree to review highway safety guidelines with the crew, in terms of signs, traffic cones and use of flaggers. The crew is trained to watch traffic and help direct cars around its equipment. Snow can make the work more difficult, but public safety is always of paramount concern.

Our year-round line clearance program helps to provide safe, reliable service to our customers, and these crews are critical to preventing power interruptions.

CMP always appreciates input from the public and uses these comments to improve our tree-trimming programs.

Mark Ishkanian,

Director, Corporate Communications, Central Maine Power Company

From the

Bethel Bicentennial Committee



By JIM ROSE

The Bicentennial Committee would like to express its deep appreciation to Helen Morton for the donation of her painting of the Jonathan Clark homestead for a fund-raising raffle. Lt. Clark arrived in Bethel, then Sudbury Canada, in 1774, but quickly returned to Massachusetts to join in the American Revolution. He was also one of the captives of the 1781 Indian Raid. His home is believed to have been in the vicinity of the new road which now connects Routes 2 and 26. Mrs. Morton's portrayal of the Clark residence is surely a keepsake of our beginnings and we again wish to thank her for her thoughtfulness and generosity.

The Patriot's Day Observance and fundraiser netted over \$100 for future bicentennial events. Given the unintended competition with the movie crew, who were filming on Broad Street and the symphony concert playing just down the street, we thank all who attended for making the evening a hard-earned success.

A reminder that the History of Bethel pageant, to be held Aug. 9, is now seeking interested actors and/or singers. The pageant will depict scenes of local history over the past 200 years. Those who are so inclined are welcome to contact Nan Timberlake for more information.

Tickets are still available for the current fund-raising raffle, which is a \$500 gift certificate from Western Maine Supply.

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Sunday

SUN-JOURNAL

has gotten bigger.

Maine's Best Weekend* has gotten bigger and better this October! This past September, Sunday Sun-Journal was recognized as Maine's Best Weekend Newspaper by The Maine Press Association. Now, we've gotten even better! Sunday, October 1st, we pumped up your Sunday newspaper to include even more of what you'd been asking for! Every Sunday, you can look forward to more reading pleasure - more information and more news. Here's a look at your new choices: Front Section - Our "A" section still contains important local news, national and world news. Local News Section - Our "B" section is your best source for local news! You have a place to turn to find out what's happening close to home. When necessary, Maine & New England news is included. Obituaries are located on the second page. Sports Section - Our "C" section continues to be your best source for complete sports coverage... the kind you've come to expect from Sunday Sun-Journal. Perspective - Our "D" section contains penetrating editorials, opinions and analysis. Maine Living Section - Bigger and better! We are providing a lot more information on books, music, movies, food, the di, home improvement, gardening, automotive, parenting, leisure and the outdoors. The back of this section has special themes treated like popular Health Science page on Saturday. Classifieds - Your best source to buy, sell, trade or find anything you're looking for. Join us every Sunday!

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...said, "it certainly would be questionable if we could continue to action."

...he said station supporters would take their case directly to the court, by petitioning to have a restraining order placed on the Town of Bethel.

...they (the filmmakers) told us, "don't look into the camera, and don't talk to the actors."

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SWINGIN' INTO SPRING—Jeremy Gibbs, a member of the Bethel Red Sox in the Bambino Baseball League, practices hitting the ball off the tee Sunday as dad, Tom, watches. The Red Sox and other area teams have started practice in preparation for the upcoming season. (Photo by Alison Aloisio)

Smelting

Continued from page 1

smelt population are directly related.

Bartlett also said it wasn't worth it to "fight 50 or 60 drunks" for a night's catch, either. "You'd get hassled at the sites -- name calling and rock throwing," he said.

Drinking and smelting have often been associated (going "smelt-drinking," in the words of some).

Following a night of smelting, Bartlett said, "scavengers could collect four or five dollar's worth of beer cans, watches and everything else" at a smelting site.

Less trouble now?

Mills, who patrols the Richardson Lake area and the rest of northern Oxford County, believes some of those problems have diminished in recent years.

"We used to accept drinking as part of the sport, but we don't now," he said.

In the old days, 'scavengers could collect four or five dollar's worth of beer cans, watches and everything else at a smelting site.'

KEITH BARTLETT
Former smelter

Game wardens work with state police and sheriffs' departments, setting up roadblocks in likely areas to catch smelters who drink and drive.

Mills also said that in recent years smelters have done a better job picking up after themselves when they leave a site.

Wardens still have to deal with violations, usually catching over the limit or taking from a closed area.



GETTING READY--Smelter Jeff Fleet of Hanover fixes his net as sons Mike and Casey look on. (Photo by Alison Aloisio)

But, Mills said, violations have dropped as a result of stiffer enforcement and better education of fishermen.

Mason said the stricter limit law has increased the numbers of smelt. "It's helped bring the fish back," he said.

His cousin, Ernest Mason of Bethel, is also accepting of the limit.

"I think two quarts is plenty -- that's enough to clean," he said.

While the violations have dropped, Mills believes the number of smelters has increased over the last 15 years.

"Access (to smelting waters) is better, and people have more time to go. They walked before, but now there are more roads, and more people have moved here, living in camps," he said.

More people can spell trouble for

smelts in the shallower brooks in particular.

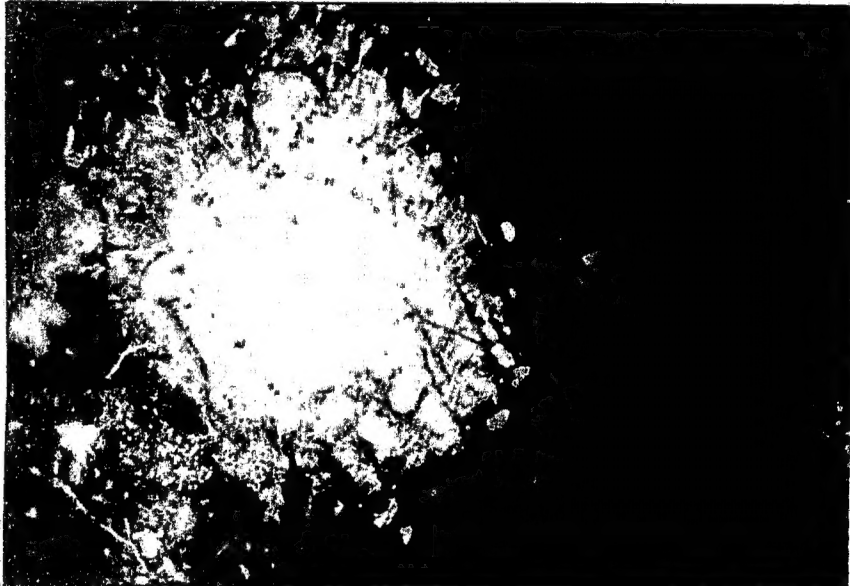
"The smelters walk in the brooks and trample the spawn on the bottom," he said. "On the bigger runs, it's not as bad. There isn't as much harm in dipping as in trampling in the brooks."

Smelting is prohibited in nearby New Hampshire. Game wardens there, Mills said, are "amazed at what we let people do."

Despite that sentiment, Mills, a lifelong smelter himself, favors continuing the sport. It would be tough to buck a cherished, time-honored tradition.

"People will do anything for smelts," Mills said.

"If they worked half as hard at everything else as they do at smelting," he said, "this would be one fantastic country."



A SCHOOL OF SMELT caught in lantern light. (Photo by Alison Aloisio)

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...of Fingerprints" on the in upcoming months.

...over Tuesday filming two in May, is expected to feature who plays one of four grown

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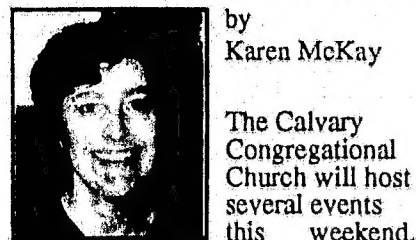
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Andover



by Karen McKay

The Calvary Congregational Church will host several events this weekend. Saturday, April 27 at 9 a.m., a video on witnessing titled, "You Can Tell It," will be shown. Coffee and donuts will be served at 10 a.m. The Men's Bible Fellowship will meet at 7 p.m. on Saturday. A Gospel String Concert will be held Sunday evening, April 28, at 6:30 p.m. Former resident Randy Rickards of Warren will be playing with the group. All are invited and welcome to join in the activities.

The Service Circle is sponsoring the Community Yard Sale which is scheduled for June 22. The group will have spaces available on the common with a map of the town noting residents that will also have sales at their homes. Crafters and sellers are urged to contact Cindy Gammon at 392-2051 to reserve a space, or arrange to be listed on the area map. This annual sale event has been popular with the yard sale crowd, as the multitude of sellers participating make it "worth the ride" to Andover.

The public library trustees would like to thank Trudy, Leon and Tim Axers, Laurie Vogt-Barter, Bobby Richardson, Emily Bodemer, Shirley Gammon, Dick Planter, Alex Legault, Jim Bodwell, Paul Tramor and Brad Thibodeau for their tireless work scrapping old paint from the building this past Saturday. They have planned another work session for Saturday, April 27 from 9 a.m. to 1 p.m. All town residents are invited to join in this community project.

The First Congregational Church will begin a Bible study entitled "Beginnings: A Kerygma study," starting Tuesday, May 7. All are invited to join in the group. A sign-up sheet is posted at the church, or contact Pastor Jane at 342-4678.

Beverly Swan and Linda, Stephanie and Angela Percival recently traveled to Solebury, Pa. to visit with Julie and Tim Griffin and daughters Brenna and Bridget during the school vacation. They enjoyed sightseeing trips to the Statue of Liberty, Ellis Island and the Amish country.

Mrs. Berse, Fisher returned home several weeks ago, she enjoyed the winter by vacationing in Florida.

Congratulations to Dwight Norman and Karen Jean Sennett-Murphy of Spruce Street in Rumford for the birth of their first child, a daughter, Karissa Lynn. Karissa was born March 31, 1996 at Franklin Memorial Hospital weighing 7 pounds, 8 ounces. Proud paternal grandparents are Dwight R. and Raeanne Murphy of Mexico. Great-grandparents are Ken Dement of Mexico and Evangeline Murphy of Walton. Proud maternal grandparents are former East Andover

residents Alice and James Sennett, Jr. of Rumford and great-grandmother Mrs. Charlotte Sennett of Rumford Center. Get well wishes to Lee Frazier and Larry Cronin.

Bryant Pond



by Alice Hoyt

Franklin Grange 124 met on Monday evening at the Grange Hall with 61 people present. It was a public meeting with a program having to do with music. Bertha Benoit read the Proclamation on the Grange from the National Master. Richard Felt's band, featuring the Bedard Trio and the Dolans, played. State officers present were Mr. and Mrs. Gordon Gardley, Connie Tuttle and Francis Berry.

The program was as follows: opening thought; welcome by Richard Felt; opening song, "State of Maine Song"; the Community Service Award was presented to Vern Maxfield, town manager -- his wife and daughters, mother and father and three selectmen attended with him; Mr. Gardley presented the award to Vern, and Richard read a little about him; the Felt band played more music, featuring Johnny Howe on the saxophone and Carl Brooks on the bones; a reading by Russell Yates was followed by a saxophone solo by Gordon Gardley; then there was a reading on the saxophone by Bertha Benoit, Crystal Hill, Alicia Ridley and Kelly Rulley each gave a piano solo. Dot Carwell and Richard Felt played more music, the meeting closed with the closing thought and the song "God Bless America." Reverend Emwood Hanson taped the program.

It's vacation time and we have had a lot of company. Beth, Steve and Marybeth Hoover from New York came on Saturday. Joseph and Marie Hoyt came on Monday afternoon and Ray Crockett stayed overnight on Tuesday. Our Tuesday night supper guests were all the above plus John, David and Shawn Crockett, Leatrice and John Chase and Helen Chase on Wednesday. We all went to the State Circus. Alice, Ken, Beth, Steve, Marybeth, John, Ray, Shawn, Dan, Joseph, Marie, Lauretta and Kelly all had a great time.

Every Wednesday at 7 p.m. and every Thursday at 7 p.m. is the Bryant Pond tour on Channel TV 7.

Marybeth Hoover spent the day with her great grandmother Beatrice Hanson.

Sympathy is extended to Irene Robinson's family in the death of her mother.

Curator Larry Billings has given a jewelry box to the historical society. Perhaps members and supporters will donate items to fill it. The historical museum has a large variety of exhibits in its collections. You

will certainly find something that will appeal to you there. At the April meeting of the society, curator Larry Billings spoke on British and American Literature. Secretary Kathleen Bean read a research report from Ruby Emery. There was a short Board of Trustees meeting after the program. Two visitors attended. The May meeting will feature Helvi Cary speaking on genealogy. Come and learn how to trace your family tree. The historical museum has a fine collection of antiques and many books on the subject. The historical society is a center for study and research.

Upton



by Amy Geiling

Hello everyone! A lot has been happening in town. For those readers who were searching for my column last week, sorry, it mistakenly got lost in the shuffle.

Sympathy is extended to Mr. and Mrs. Andrew Aron and family over the passing of their son, Andy Jr. He will be truly missed. Pastor Rob Rainville of Praise Assembly of God provided a memorial Mass on Saturday, April 13, at the Upton Union Church. Mass was well attended. Afterward, the Ladies Aid invited guests for a pleasant luncheon.

New town office hours have been set for Mondays, 5 to 7 p.m. and Saturdays, 8 to 10 a.m.

A snowstorm on Wednesday canceled school for SAD44 students. Frol Consolidated School had an early dismissal.

Thank you to Joe and Penny Bernier of Lowell for the trivia you sent. It's nice to see the trivia fan club growing. On that same note, Albert Jenkins of Peru called in reference to my question about the Bushwood House. He stated that people can read more about it in "The History of Upton."

He added that the hotel was located on Mill Road, which is now the Heywood property. Albert, son of Cedric and Jennie Jenkins was born in 1918. He and his wife Thelma had 9 children. I may not have my senses, but I do have my sources. Ha-Ha!

As for you Mr. J. Richardson, the point bench is in hand, and the ladies will be soaring again soon.

Sympathy is also extended to the family of Steven W. Breese. He was manager of the Lake Umbagog National Wildlife Refuge. He died of complications of leukemia.

How Scott Lavalleye "Thanks for the puns!" Chai Chung Chung for a little ditty humor. Hope the hospital didn't nickel and dime you.

Scott Lesinski of Hartford, Conn. was a guest of the Geilings. Matthew really took a liking to him. The 4-wheeler was a big hit.

Davis Curtis, 82, from South Paris stopped in the store on April 18. He shared some old stories about his visits with Elsie Fuller and her late husband. He expressed how he has a

little difficulty getting around on foot, due to his troubled legs, but said he still rides a 4-wheeler in the woods. He enjoyed Upton for its good fishing. Mr. Curtis worked for SAD17 for 17 years as a janitor and bus driver. He has been retired for 20 years.

Tom Bennett of Gorham (Me.) has been burning holes in the ice on Lake Umbagog with his cross-country skis. He did nine miles on Friday. Go Tom!

Here's a little trivia to share. The 1905 Annual Report from the Town of Upton lists as selectmen: H.I. Abbott, A.M. Coolidge and J. Burke; treasurer was E. Abbott; School Committee: E. Chase, W.F. Ellingwood and A.W. Jenkins; collector and constable was Charles Chase; superintendent of schools, Enoch Abbott; town agent, H.M. Lombard; road commissioners W. Powell, W. Bartlett and L.A. Fuller. This report is as far back as I know.

East Bethel



by Nancy Mercer

Ellen Coffin is now living at the Veterans Home in South Paris. Jack and Lucy Nordahl have returned from a cruise to Mexico. They spent a lot of time in the Cortez Sea, where they snorkled and swam. They visited a copper mine by train and enjoyed the trip very much.

Rodney Howe had bypass surgery on April 11 at Maine Medical Center. He will be home as soon as his heartbeat is regular.

Mr. and Mrs. Bill Eldridge of Unity visited Rudi and Barbara Honkala on April 13 and 14. Debbie and Barbara took Mary Smith to her granddaughter's wedding in

Lewiston on April 13.

Mr. and Mrs. Alan Bancroft, Mr. and Mrs. Sonny Hastings and Dave Morton took the Silver Bullet to Island Pond, Vt. on April 13.

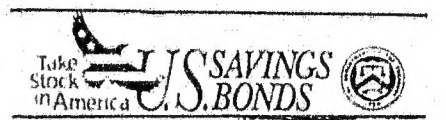
Bettyann Hastings went to Corinna on April 14 for her grandson Jeff's birthday.

Lisa Haines is home from U.M.F. for spring break.

Peggy Coolidge, Ruth Bethel and Mr. and Mrs. Roger Twitchell went to the Senior Citizens meeting on April 17 at the Locke Mills Legion Hall.

Daisy Coolidge had Easter supper with Mr. and Mrs. Stan Wilson.

Kenny Mason is home from the hospital after a week's stay. Alder River Grange 145 will meet on April 26 at 7:30 p.m. at the hall.



JUST KEEPS ROLLING ALONG--The winter of 1995-96 started with a bang and doesn't seem willing to bid us farewell. Every time the warm breeze convinces you it's time for the yard work, along comes another six inches of snow. Temperatures finally reached the 70s Monday, so perhaps spring is finally here. (Photo by Alison Moison)

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Greenwood



ing snow. Yesterday I looked outside, and blade of grass was snow. The trees looked like they were huddled white hairs streaming valley, which no snow. During a starless path gone, snow p where.

I glanced toward found them so beautiful. I wasn't happy to see time, but it was real jay flew across the perched on my ash tree harsh brazen call, more than a song, a challenge and cold.

On our way to church were a beautiful solitude. But enough put aside winter's dreary springtime's loveliness.

I wonder what became of robins I saw at the before the snow storm.

The school children's reaction this week. I hope some happy times.

David Holt came to parents on Sunday. Eleanor Inman, Doris Ann Holt were in New see the play, "Bye, which Dot's daughter coach for Saturday reported that it was vo

My daffodils are beginning to show they were covered with now ready to glow.

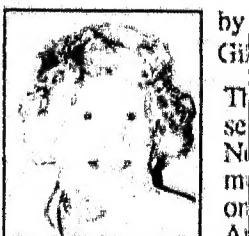
Dot Belts recently members of her family.

James Piccirillo celebrated birthday with friends over the weekend.

Many geese arrived they seemed to enjoy

I was surprised to see when I was out walking looked like an Admiral the white band. It was the Monarch. It was and came to rest on wood. I'm not sure w I thought it was lost.

North New



count of bad weather. Karlene Bachelder of the "Newry Bowling the only ones who sh Oxford Lanes in F Lowell, Eleanor Day Parent went to the meeting instead. Not tion! Karlene was h singles and triples, strikes and two spare spare.

Don't forget the m potluck supper at 6 p.m. May 13 at the Grange and buns will be provided casseroles, salads, des

Woodville
Oak
Glue and
ANDOVER
No
8 am - 4 pm Thurs

JUST ARRIVED
47 LIVING RM. SETS
Discover why Sh

Greenwood City



by Colista Morgan

Today is April 15 and I should be writing of spring flowers, but instead I'm watching melting snow. Yesterday morning when I looked outside, every tree, fence and blade of grass was covered with snow. The trees looked like creatures of darkness caught napping. They were huddled together, their white hairs streaming in a secluded valley, which no sun penetrated. During a starless winter's night, paths gone, snow pillowed everywhere.

I glanced toward the trees and found them so beautiful that I half expected to hear a choir chanting.

I wasn't happy to see snow at this time, but it was real beauty. A blue jay flew across the lawn and perched on my ash tree. He gave a harsh brazen call, more of challenge than a song, a challenge to the storm and cold.

On our way to church, the woods were a beautiful sight, a wild solitude. But enough is enough, so put aside winter's dress, and dawn springtime's loveliness.

I wonder what became of the field of robins I saw at the farm the day before the snow storm.

The school children are on vacation this week. I hope they have some happy times.

David Holt came to visit with his parents on Sunday. Milton and Eleanor Inman, Dorothy Betts and Ann Holt were in North Conway to see the play, "Bye, Bye Birdie," which Dot's daughter had been a coach for Saturday night. They reported that it was very good.

My daffodils are full of buds and beginning to show their color. They were covered with snow, but are now ready to glow.

Dot Betts recently had several members of her family visit her. James Piccirillo celebrated his second birthday with friends and relatives over the weekend.

Many geese arrived on Monday, they seemed to enjoy the pond.

I was surprised to see a butterfly when I was out walking today. It looked like an Admiral because of the white band. It was smaller than the monarch. It was on my shed, and came to rest on some decaying wood. I'm not sure what it was, and I thought it was lost.

North Newry



by Gil Seely

There were no services at the Newry Community Church on Sunday, April 14 on account of bad weather.

Karlene Bachelder and Gil Seely of the "Newry Bowling Gang" were the only ones who showed up at the Oxford Lanes in Rumford. Bea Lowell, Eleanor Davis and Doris Parent went to the Senior Citizens' meeting instead. Not much competition! Karlene was high on both the singles and triples. She had two strikes and two spares. Gil had one spare.

Don't forget the mother/daughter potluck supper at 6 p.m. on Monday, May 13 at the Grange Hall. Bread and buns will be provided, just bring casseroles, salads, desserts and your

daughters. Polly Mahoney of Mahosuc Mountain Adventures will tell of her adventures up north. The Upton ladies were contacted and we may see some of them. The public is also welcome. Come and enjoy a great get-together.

Happy birthday to the state of Maine and it's also Earth Day on April 22. "Earth, air and sea, glorious Three" Speak no harsh words of Earth; She is our Mother, and few of us her children who have not added a wrinkle to her brow" Amen.

Bluebirds are being seen around the neighborhood.

Songo Pond



by Alice Kimball

A lot of open water suddenly appeared on this end of the pond on Friday, and one duck seemed to immediately discover it.

Norma went to Portland last Friday and watched Kaity Gatchell become a "Daisy" in a pre-scouting ceremony at her school.

In spite of the snowstorm on Sunday, a flock of robins appeared at the feeders on the front lawn.

Monday callers of their grandmother were Mark Hindman of Bethel, Lee and Barbara Hindman and Brad from South China.

In the messy snow and rain storm on Tuesday, we lost our power for nearly four hours.

Mrs. Sylvia Swan and children of Auburn were visitors here on Tuesday afternoon. Sheri stayed overnight.

Faith smells the fragrance when as yet there is no rose. Guideposts.

High Street



West Paris by Russell Yates

Howdy friends, another nice sunny morning on this Monday, April 15, and quite a change

from the weather that we saw yesterday. Many people speak of these late snows as poor man's fertilizer and I sure hope these are the same.

On Tuesday, Archie and Mary Lovejoy took their daughter Hope to Augusta for an orthodontist appointment. Susan Brown from Newry called on Mary Lovejoy on Friday.

Sap was still running from the maple trees at Lovejoy's, when they decided to call it enough for this spring. The children tapped the trees and did most of the work. With some help from mother and dad, they have made 11 gallons of maple syrup, enough to top quite a stack of pancakes.

Last Monday was a snowy day. Peggy was busy in the forenoon making two large sheet cakes to be used as dessert at the benefit supper for Nadja Bolio. Plans were made to set the tables for the occasion on Monday evening, but because of the storm, we all went and did it that afternoon.

On Tuesday morning, Peggy made over one-hundred biscuits to be served at the Nadja Bolio supper. I did other jobs around here, then went to visit the neighbors. When I went in, the lady was vacuuming up lady bugs in the living room and had caught over 125 by the time I left.

Thank the Lord, we've only had a few.

Mid-afternoon on Tuesday, with cakes and biscuits loaded, we left to go to the Legion Hall in Locke Mills. In West Paris, we picked up Bertha Benoit with the food she had prepared and continued on our way. Lots of people furnished food for this supper and we could have fed a lot more people, as there were hot dishes and cakes that weren't even touched. After the supper, most of those on committees were busy cleaning up, and there was dancing for those 200 or so people that came to make this a very successful benefit supper.

There will be dances at the Locke Mills Town Hall on April 20 and also on April 27, with music by the Richard Fell Orchestra.

Don't forget the Craft, Food and White Elephant Sale to be held at West Paris Grange Hall on May 11. The cookie walk was very successful last year and will be featured again this year. The sale will run from 9 a.m. until 2 p.m.

Oxford Pomona Grange will be meeting at Bear Mountain Grange in South Waterford on May 7 for a potluck supper at 6:30 p.m. and a meeting at 7:30 p.m. This will be youth night, so come on, let's see all of the youths attend this meeting.

Franklin Grange of Bryant Pond will meet on May 6 for inspection and to honor Mother's Day.

Inspection at West Paris Grange will be May 2. Refreshments will be served after the meeting.

Wednesday was another snowy day with quite an accumulation of snow. They planned to have CWA night at Mountain Grange in North Buckfield and had asked Peggy and Bertha Benoit to come and fill offices, but because of the storm, the meeting was postponed until May 8. This was a wet, sticky snow which caused many people to lose power. We were some of the lucky ones and didn't lose our power.

Peggy and I tackled clearing out what snow we really needed to on Thursday morning. We started quite early and soon had it taken care of.

Bertha Benoit joined us in the mid-afternoon, and we all went to Auburn for some shopping at JoAnne Fabrics, then went to Lamey Wellehan's where Peggy found a new pair of shoes. We ate supper at Wendy's and then went to Danville Junction Grange Hall. They were to have their CWA night and Peggy had been invited to fill an office.

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On Tuesday morning, Peggy made over one-hundred biscuits to be served at the Nadja Bolio supper. I did other jobs around here, then went to visit the neighbors. When I went in, the lady was vacuuming up lady bugs in the living room and had caught over 125 by the time I left.

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Mundt-Allen Post #81

Saturday evening, April 13, the Second District of the American Legion and Auxiliary gathered 115 strong at the Napoleon-Ouellette Post 24 in Rumford. They honored Second District Commander Brian Strickland of Mundt-Allen Post in Bethel, and Second District President Olive Risko of Jackson-Silver Unit 68 in Locke Mills.

Maurice Canwell of Post 24 prepared a delicious ham dinner which was served by the Post and Unit's 24 members.

Ed Roach, department finance officer and past department commander was Master of Ceremonies for the Legion. Sylvia Dunham of Jackson-Silver Unit was Mistress of Ceremonies for the Auxiliary.

An impressive POW-MIA service was presented by Past Dept. Commander Richard Blouin and Dept. First Vice Commander Ken Sercher. Many departments as well as district officers from the Legion and Auxiliary were present. These officers and others, presented gifts and accolades to the guests of honor. The evening ended with dancing to a country DJ.

In the past 20 years, these programs have successfully served the citizens of Bethel in educational opportunities and in guiding careers. The new focus on computers and the Internet are broadening many horizons, and the arts and crafts courses are well attended. Guests are welcome to visit any of the classes. The vote at the upcoming Town Meeting will be crucial to the continued success of the programs.

Following a blessing by Rudy Royer, an outstanding chicken pie dinner was served by the auxiliary.

Archer Poor of Andover brought artifacts that have been in the area for as many as 1,110 years. He explained the uses and locations where the artifacts were found. Berlin, Azisochos and Rumford Corner have yielded valuable relics. More artifacts will probably be found along the Androscoggin. The museum in Augusta has an outstanding

exhibit of artifacts from the area. Lindley Wieden had several anecdotes and announced plans for a bus and boat trip to Lake Winnepesaukee on Wednesday, June 19. The cost is \$25 and does not include lunch. Call Helen Saunders or Lindley Wieden for more information and to make reservations.

Birthdays were celebrated by Helena Bartlett, Donald W. Bennett, Ruth Bethel, Edmond Dorion, Barbara Douglass, Rose Dyer, Wilma Gorman, Jane Hosterman, Bud Howe, Jim Hutchins, Kathleen McAllister, Doris Ouellette, Emma Page, Barbara Ripley, Joan Royer, Dennis Swan, Jean Taber, Hope Tibbetts, Barbara Wakefield and Nancy Weber.

The next meeting will be held at the Town & Country in Gorham, N.H. on May 8. Dinner will be \$8 per person.

amount of medication recommended depends on the patients' individual needs. The length of time the drugs are taken also depends on the patient, and can vary from months to years. However, the earlier depression is diagnosed and treatment begins, the less time is needed to treat the condition, Osterman says.

Psychotherapy methods used for depression include various forms of individual therapy, such as cognitive, interpersonal, behavioral, insight-oriented and supportive therapies. Group psychotherapy and family psychotherapy can also be of benefit. Individual therapies generally focus on helping patients manage their negative thoughts and address events in their past that may have led to their depression. Group therapy involves discussing problems with similarly affected patients and working through those problems with professional supervision. In the case of dysthymia, psychoanalysis may be considered as a treatment in addition to other psychotherapeutic methods.

Once treated, some patients never experience depression again, while others have recurrent bouts of the disease. Treatment is given as long as the patient needs it, and is constantly refined in an effort to best serve the patient's needs, Osterman says.

People who are depressed are sometimes reluctant to seek help, but those who think they may be depressed are urged to speak to a physician. In fact, physicians in training are taught to ask certain questions of patients and to look for symptoms of depression, Osterman says. It is important to remember that patients don't have to suffer with depression—it can be effectively treated.

This "Matters of Health" was written in cooperation with psychiatrist Janet E. Osterman, MD, assistant director of the Psychiatric Outpatient Clinic at Boston University Medical Center Hospital. Readers with questions about depression or those who wish to discuss other health issues, may contact the BUMC Health Connection at 617-638-6767.

Depression almost invariably causes disruption in relationships or impairments in social or occupational functioning. It can be effectively treated with a range of therapies and medications, and the earlier someone seeks help, the more rapidly the treatments will work.

Depression affects millions of people every year, making it the most common serious psychiatric problem. Although society has come to understand in recent years that depression is a form of illness, many people still have misconceptions about the disease. "If you have a chest pain, people will recommend that you go to the hospital," says psychiatrist Janet Osterman, MD, assistant director of the Psychiatric Outpatient Clinic at Boston University Medical Center Hospital. "But if you sit at home crying all the time, you may be told to pull yourself up

by your bootstraps and get on with your life." In fact, says Osterman, people who are depressed need clinical help, and simply cannot just "pull themselves up by their bootstraps."

Another common misconception about depression is that it doesn't occur in normal people. The truth is, depression can strike anyone at any time. It may be triggered by a sad event, but psychological, biological, and genetic factors can be involved in the development of the disease. There does appear to be a hereditary component of depression, as those with family members who have had the condition are predisposed to the disease themselves.

Depression can also be a side effect of certain medications and can be caused by certain medical conditions, such as hyperthyroidism. Another form of depression is seasonal affective disorder, a condition caused by the decreased amount of sunlight in the winter.

Symptoms of the disease include, but are not limited to: loss of or increased sleep, loss of or increased appetite, increased or decreased physical activities, feelings of guilt and/or worthlessness, lack of self-esteem, loss of interest in pleasurable activities, low energy or fatigue, a depressed or low mood and, sometimes, thoughts of death or suicide.

Depression can be moderate or severe, acute or chronic. There is a moderate, chronic form of depression called dysthymia, which causes patients to feel sad more often than not for two years or more. Those with dysthymia are often characterized as having a lack of energy and an overall negative attitude, which can lead to social, occupational or interpersonal problems. As is the case with other types of depression, dysthymia can be treated.

Depression commonly ends spontaneously, but an attack can last several months or years. To alleviate suffering and to hasten recovery, drugs and psychotherapy, usually in combination, are used to treat the disease. Three major classes of antidepressants are prescribed to treat depression, and the type and

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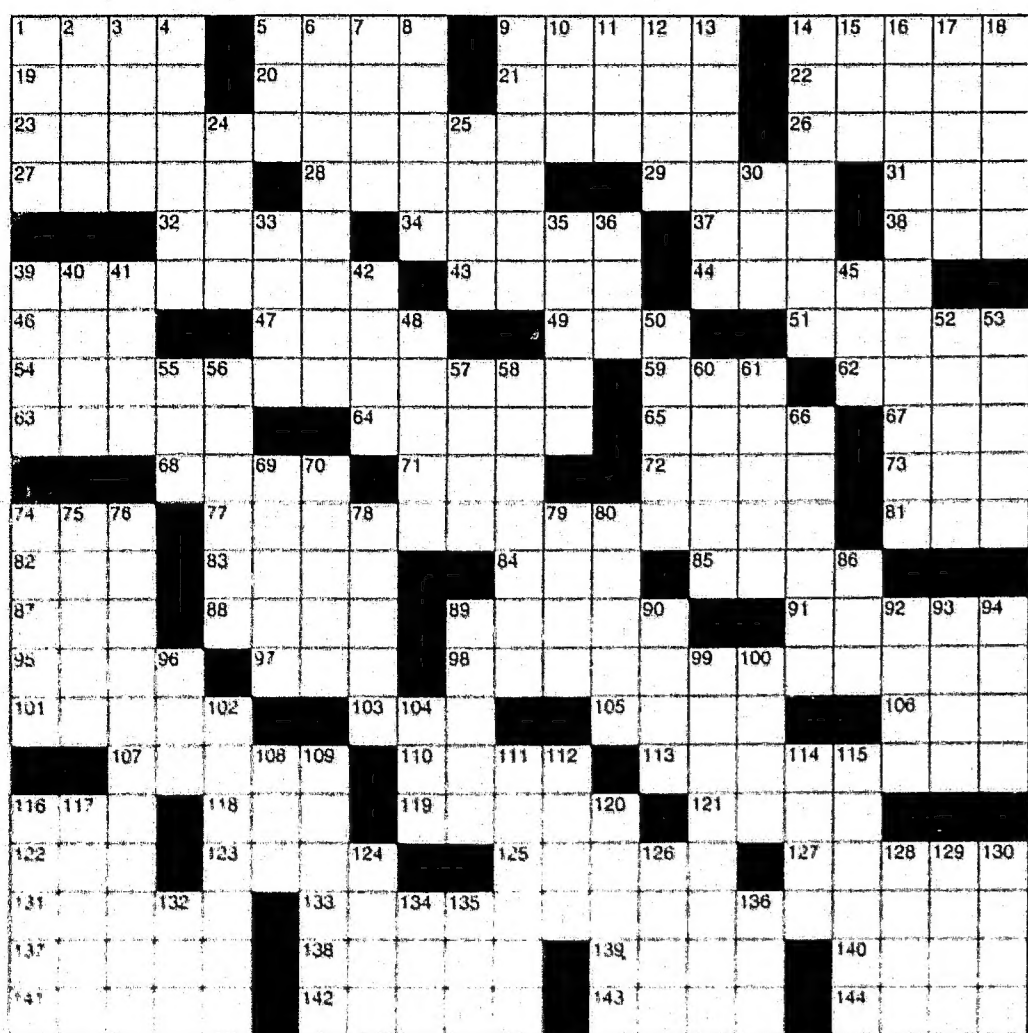
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Super Crossword

- ACROSS**
- 1 Cathedral area
5 Ed or Leon
9 He had a whale of a time
14 — Rica
19 Halloween decorations
20 Knowledge
21 Beethoven wrote one
22 Peripheral
23 Billy's weapons?
26 Philosophy
27 Take the reins
28 Slanted
29 Conductor
31 Sits
32 Short snoozes
34 Islamic daily
37 Age
38 Comedian
39 Like awe?
43 Goller
44 Some are common
46 Pitch in
47 Furniture wood
49 Coat part
51 It has a lot of pull
- 54 Robert's trousers?
59 Leather-
62 Man of the hour
63 Violinist
64 Characteristic
65 Canterbury cleaner
67 Ruby or garnet
68 Seal schools
71 Feminine suffix
72 Sociologist
73 Vane dir.
74 Humbug
75 Low tide
77 Al's biscuits?
81 — vous plait
82 Mad — wet hen
83 Actor
84 Soho snack
85 Way out
87 Sloth, for one
88 Blood components
89 Midwestern airport
91 Tanel
95 Autumn implement
97 Welcome wagger?
98 Milton's
- 101 Photographer
103 First lady?
105 Choir member
106 Lodge brother
107 Head man?
110 Author
113 Fabric edges
116 Subway unit
118 "A Fool Such —"
119 Bandleader
121 High time?
122 Chemist
123 Word form
125 Riser's relative
127 Northern hemisphere?
131 Salon solution
133 Marlin's pickles?
137 Maugham's — and Ale?
138 Inventor
139 Hors d'oeuvre
140 Face shape
141 Positive quality
142 Forgive
143 Connecticut campus
144 Clinton
- DOWN**
- 1 "Sesame Street" subject
2 Head line?
3 Eye problem
4 Dead Sea
5 Southern st.
6 Exemplar of slowness
7 Back then, back when
8 Photo tint
9 Bump
10 Make a choice
11 Word form
12 Chip off
13 Lose no time
14 Palm product
15 "Day Will Come"
16 Isaac's plants?
17 Singer
18 Cropped up
19 Rope in
20 Evil
21 Excessively
22 "Cheers" waitress
23 "And I Love —"
24 Boisterous
25 Benny
26 Dutch export
27 Sentry's shout
28 "Un-uh"
29 Actress
30 Swagging
31 Mirella of the Met
32 Mountaineer's melody
33 Graduation gear
34 Criticizes
35 Poirot's concern
36 "Boys Goodbye" (41 film)
37 Complains
38 Kind of paint
39 Dwell
40 Threw down the gauntlet
41 Khmer capital
42 About
43 Nobel Oscar
44 Plaque
45 Soccer superstar
46 Tom's hot dogs?
47 Inadvisable
48 Scorch
49 "Cheers" waitress
50 — degree (somewhat)
51 Rotund
52 Sinuous
53 swimmers
54 Diver
55 Unmarried
56 Mma.
57 Questions
58 Literary contraction
59 "The Red and the Black" author
60 Adventurer
61 Marco
62 Most meager
63 Hotshot
64 Take advantage of
65 Seal cover?
66 Atteller
67 Complains
68 Kind of paint
69 Dwell
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COMMUNITY CALENDAR

Activities

May 10 to 12 and 16 to 19
Thurs.-Sat. 8 p.m., Sundays 2 p.m. The Public Theatre, corner of Lisbon and Maple streets, 124-126, will present the "The Phantom of the Opera" musical. Tickets: \$12-18. For more information, call 824-2291.

Friday, April 26, 4 p.m. to 2 p.m. American Red Cross Blood Drive at Dunbar High School, 124-126. For more information, call 824-2291.

Saturday, April 27, 9 a.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

Sunday, April 28, 9 a.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 10-11-12 Western Mount. Men will sponsor a men's retreat. Tickets: \$50. For more information, call 824-2291.

May 13, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 14, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 15, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 16, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 17, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 18, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

May 19, 4 p.m. to 2 p.m. Dunbar High School, 124-126. For more information, call 824-2291.

Church Services

Bethel

West Parish Congregational—Rev. Brendon Bass and Rev. Jean Bass, 10:30 a.m. church service and Sunday School. Nursery care provided. Prayer, Monday, 8 a.m. Church of the Nazarene—Rev. John Grant, 9:30 a.m. Sunday school, 10:30 a.m. morning worship, 6 p.m. evening service. Our Lady of the Snows—Rev. Albert B. Colpitts, Mass—Saturday, 4:30 p.m. Bethel Alliance Church—Rev. Richard Mowery, 9 a.m. Sunday school, 10 a.m. worship service, 6 p.m. evening service. United Methodist—Rev. Henry S. Nickerson, Pastor, 10:30 a.m. worship and Sunday School. Nursery care provided. West Bethel Union—Rev. John Williams, 9:15 a.m. worship and church school. Pleasant Valley Bible—Pastor Clifford McMullen, 9 a.m. Sunday school, 10 a.m. worship. Episcopal House Church—at Behr's on 34 Chapin Street, 4 p.m. third Sunday of each month (824-2913). Church of Christ—at home of Keith Hamel, minister, 507 Walker's Mill Road (Rt. 26), Bethel. Worship at 10 a.m. Sunday, Bible study at 11 a.m. 824-2913.

Woodstock
Bryant Pond Baptist—Rev. Linwood Hanson, 9:15 a.m. Sunday school, 10:30 a.m. worship service, 6 p.m. evening service. Woodstock Seventh-day Adventist—Pastor Michael Cabana, Saturday, 9:20 a.m. Sabbath school 11 a.m. worship service.

Andover
First Congregational Church—Pastor Jane Rich, 9:45 a.m. Sunday school, 10 a.m. worship service. Calvary Congregational Church—Rev. Duane Waite, Sunday School 9:30 a.m., junior and morning worship 10:45.

Locke Mills
Locke Mills Union—Rev. Deborah M. Jenks, 9 a.m. worship and Sunday school.

East Stoneham
East Stoneham Congregational—Rev. Janice Wilcox, 10 a.m. worship in February, April, June, August, October and December. 9 a.m. church school Oct. June.

Newry
Newry Community Church—Rev. H. Hanson, service will resume in the spring.

Albany
Congregational Church—Hunt's Corner 11 a.m. Sunday summer worship, May 14 through September. Rev. Kenneth Carlsen, Pastor.

Norway Paris
Christian Science Society 10 Stevens St.—Sunday Service 10 a.m., Wed. Testimony Service 7:30 p.m. Call 824-4099 for info. Trinity Evangelical Lutheran Church—Route 117N, S. Paris, 9 a.m. Sunday school, 10:15 a.m. worship followed by coffee fellowship. Summer service 9 a.m.

Monthly Meetings

Every Sunday: Western Mountains Meditation Group, Center for Natural Healing, 47 Pioneer Street, West Paris, 9:30 a.m. 674-3961.

First Monday: Newry Community Ladies' Circle, 12:30 p.m. V.F.W., Lions' Hall, Bethel, 7 p.m. 824-2587.

First and Third Monday: Bethel Board of Selectmen meets at the Town Office, 7 p.m.

Second Monday: Newry Mother's Club meets, 7:30 p.m. Daughters of Union Veterans of the Civil War, J. Grover Tent #17, Bryant Pond, JR. Grange Hall, 7 p.m. For more info, call 665-2460.

Second and fourth Monday: SAD44 Board of Directors meets in Bethel, Woodstock or Andover at 7:30 p.m. Call 824-2185 for meeting place.

The Gilead Fire Department meets at the Fire Station at 7 p.m. Bethel Airport Authority, 7 p.m. Call town office for meeting place in Feb. and March.

Every Monday: Mahosue Music Makers rehearsal, 7-9 p.m., West Parish Congregational Church.

First Tuesday: Woodstock Planning Board meets at 7 p.m. at Town Office.

First and Third Tuesday: Woodstock Board of Selectmen meets at the Town Office, 5 p.m. The Greater Rumford Alliance for the Mentally Ill-Children and Adolescent Network (GRAMI-CAN) Support, education and advocacy. Meets in the former St. John's rectory from 6:30-8 p.m. in Rumford. Contact Diane at 369-0542.

The Bethel Lions Club meets at the Lions Den on Main Street at 7 p.m.

Second Tuesday: Mundt-Allen Post, American Legion, meeting at 7:30 p.m. Supper starts at 6:30 p.m.

Second and Fourth Tuesday: Woodstock Planning Board meets at 7 p.m.

Third Tuesday: Pine Tree Legal Assistance at Bethel Area Health Center, starting at 10 a.m. Bethel Lions Club meets at the Bethel Lions Den, Main St., Social hour—6:30-7 p.m. Dinner at 7 p.m. followed by meeting.

Telstar High School Project Graduation committee meeting, 6 to 8 p.m., room 106 at Telstar.

Every Tuesday: Bethel Rotary Club meets at The Bethel Inn, 7:30 a.m.

Greenwood Board of Selectmen meets at the Town Office, 7 p.m.

Andover Board of Selectmen meets at the Town office, 7 p.m.

Newry Board of Selectmen meets at the Town Office, 9 a.m.

Cross-Country Quilters meet at the Bethel Library from 8:30 to 10:30 a.m.

First Wednesday: Purity Chapter 102, OES, 6:30 supper, 7:30 meeting.

Greenwood Historical Society meets at the Society Building, Main St., Locke Mills, 7:30 p.m. Gilead selectmen meet at the Town Office, 7 p.m. Bethel Area Arachnes Spinning Group, 10 a.m. to 3 p.m., West Parish Congregational Church, Pithuck luncheon. First and Third Wednesday: Newry Planning Board, Town Office, 7 p.m. Third Wednesday: Bethel Area Arachnes Spinning Group, West Parish Congregational Church, 7 to 9 p.m. Second and Fourth Wednesday: Bethel Planning Board meets at the Town Office, 7 p.m. Fourth Wednesday: Daughters of Union Veterans of the Civil War, H.F. Richardson Tent #19, East Stoneham, R. of P. Hall, 7 p.m. For more info, call 928-2611.

Women's Fellowship, West Parish Congregational Church, Garland Chapel, Bethel, 9:40 a.m. Every Wednesday: TOPS (Take Off Pounds Sensibly), 5:45-7 p.m., Telstar H.S. cafeteria.

First Thursday: United Methodist Women meet at the Bethel Methodist Church at 1 p.m. Upton Board of Selectmen meets, 6 p.m. Bethel Historical Society, Dr. Moses Mason House, 7:30 p.m. Second Thursday: Board of Directors of Bethel Area Chamber of Commerce meets at Crescent Park School conference room, 7:30 a.m. Newry Fire Auxiliary meets at the Town Office, 7 p.m. Bethel Lodge No 97, AF & AM, CPS/PTA meets from 6:30 - 8 p.m. Babysitting provided. The Bethel VFW Memorial Post 11363 meets at the Lions Hall on Main Street at 7 p.m. First and Third Thursday: Jackson-Silver Post, Locke Mills, 7 p.m. Every Thursday: West Paris Board of Selectmen meet at the Town Office, 6:30 p.m. First Friday: The Oxford County Mineral and Gem Association meets at 7 p.m. at the Newry home of Norman and Eleanor Davis, 824-2844. Third Friday: Mt. Abram Lodge, IOOF, 7:30 p.m. Last Friday: Upton Planning Board, 7 p.m., town office. Every Friday: Game Party at Jackson-Silver Post No. 68, Gore Road, Locke Mills, 6 p.m. First Saturday: Western Maine Mountain Jeepers meet at 7 p.m. at Bethel Fire Station. Second Saturday: Woodstock Historical Society meets at 7 p.m. in historical society museum. Open to public.

Library Hours

Andover Library: Tuesday, Wednesday, Thursday and Saturday, 1-4:30 p.m.; Thursday, 6 to 8 p.m. Tel. 392-4841.

Bethel Library: Monday, 9 a.m. - 1 p.m.; Tuesday, 1-5 p.m.; Wednesday, 1-5 p.m.; Friday, 4-8 p.m.; Saturday, 1-5 p.m. Story Hour for preschoolers, Thursday, 10-11 a.m. (September through May). Betsy Raymond, Librarian.

Whitman Memorial Library, Bryant Pond: Tel. 665-2505. Library hours: Tuesday and Thursday, 10 a.m. - 8 p.m. Saturday, 10 a.m. to 4 p.m.

Hamlin Memorial Library, Paris Hill: Tuesday-Friday, 11:30-5:30; Saturday, 10-2; Wednesday evening, 7-9 p.m. Tel. 743-2980.

West Paris Library, West Paris: Monday 1:30-5 p.m.; Wednesday, 1:30-7 p.m.; Friday, 1:30-5 p.m.

Gardner Roberts Memorial Library, Hanover: Wednesday, 10-12 through July and August. Story Hour, 10:30 a.m.

Upton Public Library: First and third Thursday of each month, 6:30-8 p.m.

Monday, April 29, 7 p.m.—Woodland Cemetery project meeting at Stan Howe's house, 18 Broad Street, Bethel. For information call 824-2291.

Thursday, May 2, 7:30 p.m.—Oral History Night—panel discussion with Bethel World War II veterans—at Bethel Historical Society Historical Society.

Friday, May 3, Bethel Area Chamber of Commerce Annual Awards dinner at the Bethel Inn & Country Club.

Radical Radio performance at Woodstock Elementary School at 7 p.m., sponsored by Mahosue Arts Council. Tickets: adult \$5, student \$3—available at Preb's or by calling 824-3575 for reservations, or at the door.

Sunday, May 5, 1 p.m.—Building Bluebird Houses workshop/slide show at Cooperative Extension office, South Paris. Cost: \$12. Bring hammer. Pre-registration required by calling 743-6329 or 1-800-287-1482.

Wednesday, May 8, 11 a.m.—Bethel Senior Citizens Club annual meeting and dinner (\$8) at Town & Country Inn, Gorham, N.H.

Reach

Rape Ed. and Crisis Hotline 1-800-622-2365. Sexual abuse helpline, 743-9777. Past or present victims of abuse.

Exchanges

District Exchange—Open every Monday 1-4 p.m., Tuesday, 4-6 p.m., Thursday, 4-6 p.m. at the first Saturday of each month from 10 a.m. to 1 p.m. at the Ethel Biscoe School, Bethel. Clothing on sale, food available for those in need.

Community Service Center—Supplies available for emergencies and disaster relief at Thurlow Hall, Perkins Valley Road, South Woodstock. For aid or information call 674-2663.

Safe Hangouts

After school safe hangout in the multi-purpose room of the United Methodist Church in Bethel from

2:30 to 5:30 p.m., Mon.-Fri. Music, computer access, help with homework. Telstar students welcome. For more info, see Tim Nickerson or Jessica Coolidge.

Abused Women's Advocacy Project

AWAP serves all of Oxford County and provides emergency shelter, court advocacy and support groups with child care, Rumford office 369-0750; Norway office 743-5806; 24-hour hotline 1-800-559-2927.

Veterans' Services (State/VA Benefits)

Maine Veterans Home, S. Paris, first and third Wednesday each month, 9 to 12 a.m.; Rumford Employ. Sec. Bldg. (364-3718), second and fourth Thursday, 9 to 12 a.m.; Lewiston (795-4590), 200 Main St., 7:30 a.m. to 4 p.m., Monday thru Friday.

Stardom Comes to

Students in Robin Kuzzyk's fifth-grade class were recently visited by a production crew of the series, "Quest."

Focusing on technology, the production spent a full afternoon at Smith's kindergarten watching students engage in many activities ranging from the EduQuest software e-mail activities.

The following day returned again and Kuzzyk's fifth-grade class where they filmed actively involved in Internet and other face technology.

The program will be May 7 at 8 p.m. on and will be repeated times during the month of May.

INTERGENERATION reigned victorious as students eked out a Rick Mills and his so

Value of A

1 National surveys students participating school activities are to have higher academic records and far better records.

2 Of the students v out of high schools, have not been involved school activities such as athletics, music, sports, government, etc.

3 The best prediction to ACT and SAT success in later life is participation in high school activities programs—not or college grade point test score or rank-in-

4 Generally, participation activity programs teach that make students better citizens, build minds and bodies, and that competition is not an American way of life that race, color, sex

The Businesses on the proudly sponsor the "Satellite"



The Satellite

News from School Administrative District #44: Andover • Bethel • Greenwood • Newry • Woodstock

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112 "Show Boat"
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Stardom Comes to CPS

Students in Robin Smith's kindergarten classroom, and Linda Kuzyk's fifth-grade classroom, were recently visited by the production crew of the PBS TV series, "Quest."

Focusing on technology and learning, the production crew spent a full afternoon in Ms. Smith's kindergarten classroom, watching students engage in many activities ranging from use of the EduQuest software to various e-mail activities.

The following day they returned again and visited Mrs. Kuzyk's fifth-grade classroom where they filmed students actively involved in Internet searches and other facets of the technology.

The program will be run on May 7 at 8 p.m. on Channel 10, and will be repeated several times during the course of the month of May.

CPS Hat Day

Crescent Park School's Student Council recently sponsored its annual Hat Day. Over 95 percent of the students in the school participated.

Prizes were awarded in the following categories: Smallest, Largest, Most Creative, and Best Use of Recycled Materials.

The winners were: Grades K-2: Smallest, Ian Wheeler; Largest, Kyle Kuvaja; Most Creative, Bailey Davis, Nathan Pearl; Best Use of Recycled Materials, Mia Stucchi.

Grades 3-5: Smallest, Kurt Wight; Largest, Jedd Brown; Most Creative, Chris Hooper; Best Use of Recycled Materials, Justin Palmer.

Student Council continues to play an active role in developing school spirit and enthusiasm in the building. Student Council representatives are from grades three, four and five. The council is overseen by fifth-grade teacher, Ellen Greeke.



INTERGENERATIONAL BASKETBALL—The third- and fourth-graders reigned victorious over their parents while the fifth- and sixth-grade students eked out a victory by the slimmest of margins. Pictured are Rick Mills and his son Matt vying for a jump ball.

Value of Activity Programs

1. National surveys reveal that students participating in high school activities are more likely to have higher academic averages and far better attendance records.

2. Of the students who drop out of high schools, 94 percent have not been involved in any school activities such as athletics, music, speech, student government, etc.

3. The best predictor (according to ACT and SAT studies) of success in later life is previous participation in high school activity programs -- not high school or college grade point average, test score or rank-in-class.

4. Generally, participation in activity programs teaches values that make students happier and better citizens, builds strong minds and bodies, emphasizes that competition is not evil (but an American way of life), and that race, color, sex and eco-

nomic status are not obstacles for participation, and finally, instills poise and confidence.

5. Nationally, over one-half of the high school student population participates in high school activity programs for approximately one percent of the total school budget, a great value in public education today.

Arts in April

Telstar High School's Fine Arts hosted "Arts in April," a two-night festival April 10 and 11.

On April 10 the chorus, under the direction of Kathy Burke, opened the festival.

During a short intermission, the audience viewed displays by the students of Mr. Kavanagh, Mr. Tripp and Mr. O'Conner.

The drama club, under the direction of Kathy Burke, then presented two one-act plays.

On Thursday night the Community Band opened the show.



COOKING PAN BREAD FOR CLASS SNACK: (l to r) Seventh-graders Bobbie McKenna, Wendy Meader, Fred Meader, Erika Kenyon.



SEVENTH-GRADERS LEARN FINGERWEAVING: (l to r) Sally Westleigh, Bobby Bean, Kiehl Brochu.

NATIVE AMERICAN MAINE HERITAGE DAY—On March 26 the seventh-grade team put on a Native American Maine Heritage day for us seventh-graders. I thought it was fun. We could choose from a number of activities. Here are just a few: corn husk dolls, basketweaving, dream catcher making, and fingerweaving. We got to eat some food the Indians might have eaten. We ate venison stew and pan bread. (I didn't like the stew that much.) We got to watch a movie about the Penobscot Indians. Thank you teachers and volunteers for making the day possible -- Amber Eachides Telstar Middle School

Middle School Artwork

Selected art work from the Middle School was on display in the Telstar Library until April 8. The 7th and 8th grade students had worked with Arla Patch two days a week.

Another art exhibit featuring middle school students who participate in the Explorations Art

Program is on display. It is part of the "Global Art Project." This involves works of art that will be exchanged worldwide with the theme of "Global Unity." These works will be on display through April 20 when they will be sent to another part of the world.



STUFFED ANIMAL MATH—Andover kindergartners are working on a unit on graphing and comparing in their math program this month. Students brought in favorite stuffed animals to graph and were surprised to discover the most popular animal was a dog.



FACE MASKS—Gail Rein is seriously involved with her students: (l to r) Zane Howe, Frances Hickey and Taneli Koskela as they use papier-mache techniques to produce what they hope will be painted face masks. Gail has only recently joined the W.E.S. staff and is excited about helping her students acquire art and drawing skills through the use of a variety of media.

Chapter I Title I, Family Night

SAD44's Title I Family Night was held recently at the Crescent Park School.

Nearly 100 people were in attendance and participated in many activity centers involving reading and math exercises. The evening was "topped off" with an ice-cream extravaganza. Reading books were awarded to those students in attendance.

The annual Title I Family Night is an effort to draw all participants of the Title I pro-

gram and their parents together in a single area, to help them understand the value of the Title I program.

By seeing the types of activities the students participate in, parents can gain a better perspective of the role of Title I in the school. This year's Title I evening was coordinated by Joey Riley, Jean McGuire, Elizabeth O'Meara, Eva Bowers, Adrienne Gallant, Meg Ford and Melanie Ellsworth.



BREADS OF THE WORLD—Mrs. Robin's Grade 4 class at W.E.S. just completed a nutrition/social studies unit which included a study of the many foods which have been brought to America from other countries. These foods were examined in terms of their food value and classified into one of the five basic food groups. As a culminating activity, a variety of breads from home were sampled. Included were breads from Italy, France, Russia, Mexico, Norway and Finland. Shown here are (l to r): Shelby Warden, Megan Kelly, Alyson Storck, Taneli Koskela, Megan Mack.



A SPECIAL THANK YOU—Ms. Newcomb's Grade 5 class at W.E.S. received a very special thank you from Mrs. Eileen Storck. Mrs. Storck baked an unusual "Tomato Soup" cake for the class. Students at Woodstock School have been collecting Campbell Soup labels. With Meg Ford's help and the willingness of Ms. Newcomb's class to count, bundle, and box 11,000 labels, the school library was able to acquire 10 new "Eye Witness" books and four "Eye Witness" books. By the way, the students reported that the cake made with tomato soup was delicious. (l to r) Tom Kelly, Kristina Koskela, Ron Savage, Joshua Morgan, Danny O'Rourke, Kandice Berryman, Chris Noyes, Mary Lawrence, Tiffany O'Donnell, Andrea Winkley.



FACE MASKS—Gail Rein is seriously involved with her students: (l to r) Zane Howe, Frances Hickey and Taneli Koskela as they use papier-mache techniques to produce what they hope will be painted face masks. Gail has only recently joined the W.E.S. staff and is excited about helping her students acquire art and drawing skills through the use of a variety of media.

Telstar Library Donations

Special thanks to the following for recent Telstar Library donations: Gwyneth Bohr, Dexter M. Stowell, Cathy Newell, Robin

Gundersen, Rod Abbott, Bethel Area Health Center (in honor of Karen Bean).

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Serving Dinner Wednesday-Sunday 5:00 - 9:00
Lunch Saturday & Sunday 11:30 - 2:30
Closed Monday & Tuesday

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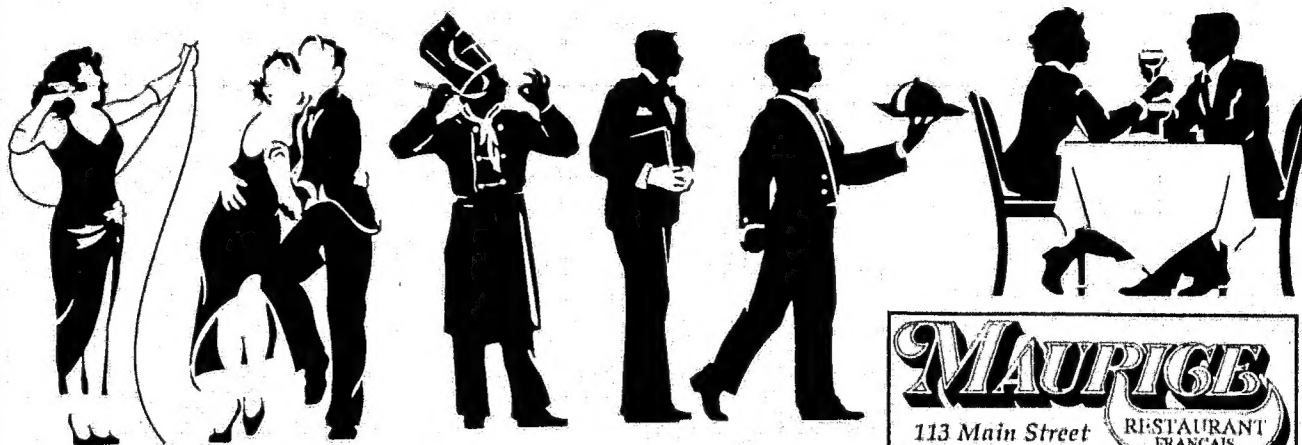
99¢ BREAKFAST

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Dine with Party of Four or More
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\$ BINGO \$
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Full menu for entire family
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Some guy from Massachusetts
Happy Hour
Everyday 3-6 pm
"Two Buds up" Brownie & Beanie

Friday Night, April 26, featuring Shawn McCole
"Cajun Rock" Steel Guitar & Squeeze Box Bop. Hosted by our very own
Don "more fun to be around than Eddie" Murphy

May 1st Outdoor Bash...

Free Skiing = Free Party Starting at Noon
Battle of the Bands (3 pm) • Open Pit BBQ • Volleyball • Wiffleball
Horseshoes • Cold Cheap Beer • Hot Cheap Food



Cheap Beer • Great Food • Great Fun

Wednesday is Wings Day!

1/2 Price Buffalo Wings
Wash down with
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3 Extra Thick Shakes
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Thursdays & Fridays

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Big Bag of Chips
2 Liter Soda
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Saturdays & Sundays

Pint "Homemade"
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Pint Cole Slaw, 6 Pack Dinner
Rolls, 6 Pack Hot Dogs
\$5.95

the Iron Horse

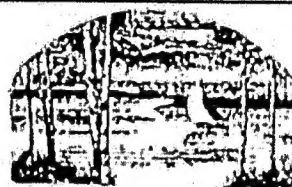
AT BETHEL STATION

Dine in authentically charming vintage railroad cars.
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Friday, April 26th~ Enjoy Live Acoustic Music
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Serving 5 pm till closing
Reservations Recommended ~ 824-4961



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Buy one dinner, get second 1/2 price
Tuesday - Thursday 4-8 pm ~ Kiddies Night
Hamburg • Small French Fry • Soda \$1.99
Chicken Nuggets • French Fry • Small Soda \$2.99
Fridays 3-6 pm~ Happy Hour
Bottle Beer \$1.00 • Imports \$1.50 • Mixed Drinks \$2.50
Friday & Saturday 4-9 pm~ Prime Rib
Weekends~ Spaghetti & Meatballs \$5.50 "All you can eat"



Friday, April 26th • 5:00 - 8:00 pm

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Spring Night Out
Featuring Beef Stroganoff with Chicken
Pot Pie, Baked Ham and all the fixings
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Serving Dinner
Thursday thru
Saturday 5-9
Gift Certificates Available
Walk-ins Welcome ~ Catering for private parties available

Pat's Pizza's SPECIALS

MONDAY & TUESDAY

All U-Can-Eat Pizza

Children \$2.50 (Under Age 8) • Adults \$4.25 (Age 9 & Above)
In-house only - No take-out or left over bags

MONDAY THRU THURSDAY

9" two Topping Pizza

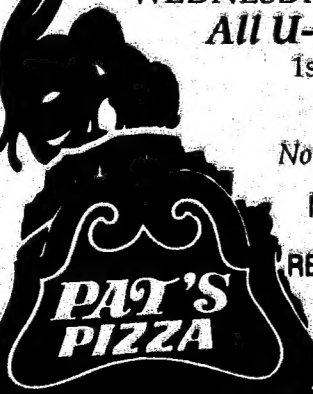
9" two topping pizza with a pint of soda
or a draft Bud for \$5
In-house only. No take-out or left over bags

WEDNESDAY

All U-Can-Eat Pasta \$3.25

1st Serving served with
garlic bread & salad
In-house only
No take-out or left over bags

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REMINDER: Pat's will be open 7 days
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AT BETHEL STATION

Friday, April 26 Thursday, May 2

THE QUEST (PG-13) Nightly 6:45 & 8:50

Jean Claude Van Damme

CELTIC PRIDE (PG-13) Nightly 6:45 & 8:50

Dan Aykroyd, Damon Wayans & Daniel Stern

THE BIRD CAGE (R) Nightly 6:45 & 9:00

Robin Williams & Gene Hackman

JAMES & THE GIANT PEACH (PG)

Nightly 6:45 & 8:30 Animated

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by Debra

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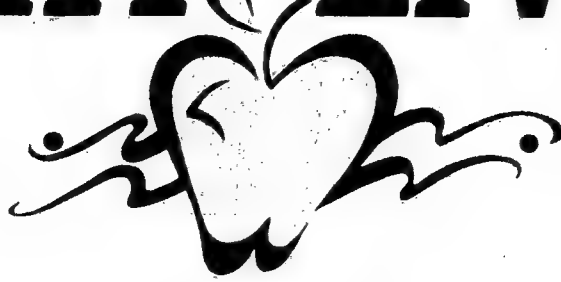
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How to Help When A Child Is Being Hurt

(NU) - What is an appropriate response when faced with a parent whose loss of control in a supermarket aisle or parking lot results in slap, punch or worse to a child?

Here are some tips from David S. Liederman, executive director of the Child Welfare League of America:

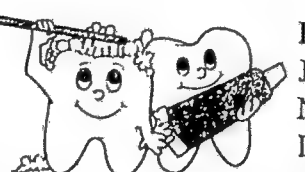
- Sympathize with the adult. Say something like: "She seems to be trying your patience" or "My child used to get upset like that."
- Divert the angry attention away from the child by striking up a conversation. It may allow the parent's anger to subside.
- Compliment or praise the parent or child. Say something positive, such as "What a big, strong boy you have! How old is he?" or "It's a lot of work to shop with a toddler. I admire your effort."

Bethel Family Dentistry March Cavity Free Club

Submitted by: Dr. John R. Mason, D.D.S.

Congratulations to all the following children who exhibited excellent homecare. Keep up the good work!

- | | |
|--------------------|-----------------|
| Evan Fessenden | Doug Swan |
| Jonathan Parsons | Jeffrey Pierce |
| Charles Parsons | Nicholas Sumner |
| Thomas Parsons | Daniel Zinchuk |
| Caitlin Kennett | Brian Zinchuk |
| Sarah Gamble | Kevin Zinchuk |
| Kayyla Figueroa | Matthew Zinchuk |
| Andrew Keith | Ashley Gould |
| Anna Haberman-Fake | Andrew Gould |



Hormone Replacement Therapy Is it right for you?

by Debra Perry, MD, Internal Medicine Physician, Mtn. Health Services, Berlin, NH

As the life expectancy for women approaches 80 years, menopause and postmenopause may encompass one third of a woman's life. This estrogen deficient state is associated with many changes. Some of these include hot flashes, mood swings, and accelerated osteoporosis and ischemic heart disease. Estrogen replacement therapy may alleviate many of these threats to health and well-being.



First of all, estrogen is the therapy of choice for the prevention and treatment of osteoporosis in women. (Osteoporosis refers to the reduction in bone mass that occurs with aging, which may lead to hip and vertebral fractures and a hunched back appearance.) Estrogen works to decrease bone resorption and produces a small increase in bone mineral density resulting in a 50% decrease in the risk of fractures. Since the most rapid loss of bone occurs in the first seven years after menopause, estrogen replacement should be begun as close as possible to the onset of menopause and continued for at least seven years. There may also be some benefit to older women, although not to the same degree.

Another benefit of estrogen replacement is a 50% decrease in the risk of ischemic heart disease, which is the leading cause of death in postmenopausal women. It does this in part by effects on cholesterol. Estrogen reduces total cholesterol and LDL ("bad cholesterol") levels

and raises HDL ("good cholesterol") concentrations, in fact, it may be even more beneficial to women than going on other cholesterol lowering drugs.

Hormone replacement therapy will also help eliminate some of the more annoying symptoms of menopause like hot flashes, vaginal dryness and mood swings.

For women who still have a uterus, estrogen is given together with progesterone to eliminate the risk of cancer of the uterus. Women who have had a hysterectomy don't need to take progesterone.

Whether or not there is an increased risk of breast cancer with hormone replacement therapy remains controversial. If there is an increase in risk, it is very small (less than 1%).

Several possible regimens are available. For those women with an intact uterus who choose to take daily estrogen without progesterone, a baseline endometrial biopsy is recommended as well as biopsy for episodes of vaginal bleeding. Some also recommend annual screening endometrial biopsy. Another regimen involves sequential estrogen and progesterone in which estrogen is taken daily, and progesterone is taken for 12 days each month. Women may continue having periods when hormone therapy is taken in this fashion. A third regimen involves taking estrogen and progesterone together in one pill. Erratic spotting can be anticipated for 3-8 months with this method until the endometrium (the lining of the uterus) becomes atrophic. An estrogen patch is also available. It is changed every three days. The patch does not confer the same benefit in terms of raising HDL as the pill does.

Women who should not go on hormone replacement include those with known breast or endometrial cancer, active liver disease, a history of clotting problems, or a history of breast cancer in their mother or sisters, particularly if they were premenopausal at the time of diagnosis.

All women should have a breast exam, pelvic exam, and mammogram before starting hormone replacement therapy and annually thereafter.

American Heart Association

Fighting Heart Disease and Stroke

The American Heart Association, Maine Affiliate, Inc. can now be reached on the Internet. The e-mail address is ahame@heart.dsi.agate.net. They also have an interactive home page that is maintained by their National Center in Dallas. The address is <http://www.amhrt.org>. A large database of AHA information and brochures is on-line and can be searched by key words. Information on support groups, heart-healthy recipes, descriptions of AHA research programs, scientific council membership information, scientific publications, opportunities for becoming a volunteer, AHA employment opportunities, and much more can be found

The American Heart Association has information on heart disease, stroke and related topics including high blood pressure, nutrition, smoking, exercise and cardiovascular surgery and procedures. Call them in Augusta at 1-800-242-8721

Remove Burn Hazards From Your Home

(NU) - Burns are one of the most serious potential health risks for children — especially young children, who don't know what's unsafe.

Shriners Burns Institutes, which provide free care to children at three locations — Boston, Cincinnati and Galveston, Texas, — recently published a handbook, "Burn Prevention Tips," to help parents, babysitters or anyone else responsible for a child's safety recognize potential burn hazards. Some major tips include:

- Install smoke detectors in each bedroom corridor, at the top of each stairway and along your exit route. Replace batteries on the same day every year.
- Set your water heater no higher than 120 to 125 degrees Fahrenheit. At 130 degrees, a severe burn can occur in 30 seconds.
- Keep pot handles turned in and appliance cords away from the edge of the counter.
- Keep hot liquids and other hot items away from table and counter edges.
- Establish a "Safe Area" where a child can be placed away from risk. Establish a "No Zone" in front of the stove and teach your child to stay out of that area.
- Be careful of hot steam escaping from microwave containers. Make sure microwaved foods that are cold in one area aren't scalding in another.
- Run cold water in the tub before adding hot water.
- Keep your child away from faucets. Never leave young children alone in the bathroom.

MEDICINE Tips for Choosing an HMO

(NU) - More than 50 million Americans belong to health maintenance organizations and this number is growing rapidly. As a result, it is important for consumers to know how to choose an HMO.

"Before you join an HMO, you should compare key quality features," said Dr. William Roper, Prudential's chief medical officer and former director of the national Centers for Disease Control and Prevention. Dr. Roper offers the following tips for finding the health plan that is right for you:

- Check out the health plan's provider directory. Is there a good selection of physicians and are major hospitals in your area included in the network? How close are the medical facilities where you will receive routine and emergency care?
- Find out if doctors in the plan meet high professional standards. What is the plan's percentage of board certified doctors (those who have passed national medical exams in a specialty) as opposed to those who are simply licensed to practice medicine?
- Request the plan's "report card." Most HMOs publish "report cards" that evaluate their performance in areas of quality, access to care and member satisfaction, plus how and where a health plan has improved in specific areas of clinical care.
- Can you, at any time, switch doctors to others in the network? If so, there are likely to be conditions. Find out what they are.
- Does the plan offer a wide range of preventive services? Preventive services, such as well-baby care, prenatal care, immunizations and mammograms, are by far the best and most cost-effective way to stay healthy. If an HMO is weak in prevention, you may want to cross it off your list.
- Evaluate the cost. How much will you have to pay for coverage each month (called premiums), and how much will you have to pay for specific treatments and office visits (called copayments)? Copayments are the major out-of-pocket expense for most HMO members, such as \$5 or \$10 for an office visit.
- Find out if the plan has a quality improvement program in place. Can it describe for you procedures for monitoring and improving medical care and administrative services, such as external accreditation and member satisfaction surveys?

American Heart Association Help Your Heart Recipes

This recipe is intended to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day — not for each food or recipe.

Broccoli and Cheese Omelette

Vegetable oil spray	Dash white pepper
2 teaspoons acceptable margarine*	cup chopped cooked broccoli
Egg substitute equivalent to 2 eggs	ounce shredded low-fat cheddar cheese
Pinch salt	

Lightly spray a small nonstick skillet with vegetable oil spray. Add margarine and place over medium-high heat. In a small bowl, combine remaining ingredients. Beat and pour mixture into pan. With one hand, move pan back and forth. With the other, stir eggs in a circular motion with a fork. Do not scrape bottom of pan. When omelette is almost cooked, add the broccoli and cheese. Fold omelette over with fork while holding pan at a 45° angle. Roll omelette onto plate to serve. Serves 1

*Select margarine with liquid oil as the first ingredient and no more than 2 gm of saturated fat per tablespoon.

Nutrient Analysis per Serving

162 kcal	Calories	3 mg	Cholesterol	3 gm	Saturated Fat
16 gm	Protein	431 mg	Sodium	2 gm	Polysaturated Fat
5 gm	Carbohydrate	9 gm	Total Fat	4 gm	Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, Fifth Edition, American Heart Association. Published by Times Books, a Division of Random House, Inc. 1973, 1975, 1979, 1984, 1991.

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Health Centers
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Health Clubs
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 The Fitness Center
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The Fitness Place
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 South Paris • 743-9242

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 Sparkes Hearing Services
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New books and videos at the Andover library

Adult fiction: "The Camden Summer" by Laverne Spencer, "Mrs. Pollifax and the Lion Kill" by Dorothy Gilman, "Shock Wave" by Clive Cussler, "Breakfast in Bed" by Sandra Brown, "Don't Cry Now" by Joy Fielding, "Hellfire Club" by Peter Straub, "Intensity" by Dean Kuntz, "Name Withheld" by Judith A. Lance, "Prince and the Pilgrim" by Mary Stewart, "Shades of Grace" by Barbara Delinsky, "Web" by Jonathan Kellerman, "Contagion" by Robin Cook, "Coming Home" by Rosamunde Pilcher, "Tarnished Gold" by V.C. Andrews, "Superstitious" by R.L. Stine

Adult non-fiction: "First Time Gardener" by Patti Barton, "Mind the Body" by Patricia Foster, "Baking Without Fat" by George Mateljan, "Pillsbury Cookbook" by Joan Lunden, "My American Journey" by Colin Powell, "The Internet & World Wide Web" by Angus J. Kennedy, "Reviving Opheim" by Mary Pipher, Ph.D., "Cooking Downeast" by Marjorie Standish, "The 100 Most Influential Women of All Time" by Deborah C. Felder, "Total Health for Men" by Dr. William H. Bates, "Cookbook's New Low Fat Low Cholesterol Cookbook" by Dr. David J. Thompson, "The Year of the Beard" by David J. Thompson, "Beard-Grown Ladies Common Sense Investment Guide" by Faithful Gardener, by Clanssa Estes, Kelly Book Used Car Guide by Common America, Let's Eat by

Susan Powter, "When I Am An Old Woman I Shall Wear Purple" by Sandra Martz.

Young adult: "Life Happens" by Kathy McCoy, "New Fear" by "The Babysitter II," "Perfect Date," "Secret Admirer" by R.L. Stine, "Everything You Need to Know About Sexual Abstinence" by Barbara Moe.

Audio Cassettes: "Age of Innocence" by Edith Wharton, "Answers to Distraction" by Edward Halliwell, "Apollo 13" by Jim Lovell, "Coming Home" by Rosamunde Pilcher, "The Lost World" by Michael Crichton, "How to Love a Woman" by Clarissa Pinkola Estes, "One Door Closes, Another Door Opens" by Arthur Pine, "Warming the Stone Child" by Clarissa Estes, "Drink from the Well" by Michele George, "The Inner Art of Meditation" by Jack Cornfield, "Chicka Chicka Boom Boom" by Bill Martin Jr., "Jumanji" by Chris Van Allsburg.

Junior fiction: "Deadly Experiments of Dr. FFFK," "Escape from the Carnival of Horrors," "Eye of the Fortune Teller," "The Barking Ghost," "Tick Tock Your Dead," "Trapped in Bat Wine Hall," "Egg Monsters from Mars," "Fright Knight," "Night in Werewolf Woods," "Bad Hair Day" by R.L. Stine, "Arthur's Chicken" by Marc Brown, "Jessie Bear What Will You Wear" by Nancy Carlstrom, "Sunflower House" by Eve Bunting, "How I Got My Shrunken Head" by

and "Nightmare in 3D" by R.L. Stine.

Junior non-fiction: "Art for Children" by Michial Pell, "Civil War and Inventors" by Martin Sandler, "Period Book" by Karen Gravelle, "The Story of Louisa May Alcott" by Marci Ridlon McGill, "The Story of Pocahontas" by Patricia Adams, "The Story of Junipero Serra" by Florence Meiman White, "The Story of Frederick Douglass" by Eric Weiner, "The Story of Muhammad Ali" by Barry Denenberg, "The Story of Bill Clinton and Al Gore" by Kate McMullan, "Endangered Sea Life, Endangered Birds, Endangered Mammals, Endangered Environment" by World Conservation Monitoring Centre.

Videos: "Caddie Woodlawn," "Apollo 13," "Schindler's List," "Pocahontas," "Bless the Beasts & Children," "A Cricket in Times Square" and "My Side of the Mountain."

CDs: "Grateful Dead Hundred Year Hall," "The Beatles Anthology I," "Ella Fitzgerald Oh, Lady, Be Good!" "Best of the Gershwin Songbook." Thanks to Cindy Gammon for donating the video "The Amazing Panda Adventure" to Barbara and Freeman Hayden for the book in memory of John Richardson Jr., "The Richardson Lakes" by Herbert P. Shurtels, to Elizabeth Cornwell for the book "The Music of What Happens" by John Straley, and to Carol Stuart's third-grade students

for the book they wrote titled "Owls."

There is a sign-up sheet located in the library to help paint the building. The date is Saturday, April 20, with a rain date of April 27. Any help will be appreciated. Stop by and sign up or call the library at 392-4841.

The library association donated a new computer to the town with the stipulation it will stay at the library. The old computer is set up for patron use. Please feel free to use it, and if you need help ask Carol or Grace.



At 147.2° F, water will burn in just one second. It takes 70 seconds for 125.6° F water to burn. Save your child's skin! Turn your water heater temperature down to 120 degrees!

MAINE COALITION FOR SAFE KIDS



GET YOUR POOL SUPPLIES LOCALLY--Nancy Henderson of West Paris recently opened "Glamour Pools by Nancy" at her home on Route 219, near Trap Corner. The shop is a branch of Glamour Pools of Lewiston. Henderson said her friends urged her to start the business. "Every time I went to Lewiston I had eight or 10 people to pick up supplies for," she said. She distributed pamphlets in the Bethel area and has received a good response. Henderson sells above- and in-ground pools as well as supplies. She is shown here with customers Barry Noyes and Eleanor Ryerson of North Paris.

(Photo by Alison Aloisio)

Bethel Area Chamber Announces 1995 Award Recipients

Friday, May 3rd will be a memorable evening for several Bethel Area residents and businesses as they become recipients of community, business and employee awards at the 27th Annual Awards Dinner of the Bethel Area Chamber of Commerce.

Nancy Grover, a resident of Mason Township, will be the recipient of the Henry H. Hastings Award for Citizenship. Nancy has been nominated for her many years of service to the Bethel Area through her efforts with the youth of SAD 44 and her tireless service to the West Bethel Union Church, as well as several other organizations she has served. Nancy has been the prime mover in getting the Odyssey of the Mind program started in SAD 44 and is currently the overall regional OM coordinator. She has served that program at every level. She has served as a volunteer assistant in the Telstar H.S. guidance office, has helped with several Telstar H.S. drama productions and numerous other activities at both Telstar and Crescent Park Schools. Nancy was one of the coordinators in the Rotary Club's Spanish exchange program and currently houses a foreign exchange student. Nancy is also currently a Board member of the Bethel Area Health Center.

Natalie (Nan) Timberlake will be presented the Senior Citizen Award for her countless contributions to community life in the Bethel Area. Among those contributions are her thousands of hours dedicated to producing video footage of school and community events for Channel 4, the local access cable station, as well as having her own show. Nan is currently the coordinator of the Education and Outreach Committee of the Bethel Bicentennial and is chairperson of the Bicentennial Pageant, a highlight of the August festivities. These activities are just a few of the many that Nan has been involved with in her many years residing in Bethel.

Randall and Sarah Steven's will be the recipients of the Hugh Chisholm Award presented by the Oxford County United Way and the Western Area Agency on Aging. Randall and Sarah have been very involved for several decades in all aspects of Bethel community life and are deserving of this recognition.

The Business of the Year Award will be presented to the Bethel Savings Bank for the important role it has played to residents and businesses in the Bethel area and several other communities across Maine. The Bethel Savings Bank has grown in recent years to include branches in Harrison, South Paris, Mechanic Falls and Buckfield.

On July 1st the bank is due to officially merge with sister bank, Brunswick Federal Savings who has branches in Brunswick, Lisbon Falls and Richmond to form what will be known as Northeast Bank.

The fact that the bank has grown has not diminished the support it gives to the Bethel area community's schools, organizations and events. The Chamber salutes the Bethel Savings Bank for all the many ways it serves our communities.

There will be three Employee of the Year Awards given to individuals nominated by their respective employers.

Dillon Gillies, manager of the Snow Cap Inn at Sunday River for the past five years has been nominated by Art Marshall to receive the Hospitality Employee of the Year Award for his dedication, warmth and example of what hospitality is all about. Dillon has also been very involved with both the Mahosuc Arts Council and the Bethel Area Chamber of Commerce since coming to Bethel.

Receiving the Employee of the Year Award in Retail and Service is Christine Blake, nominated by Dave Preble of Preb's Pharmacy. Chris Blake has been a hard working, dedicated and motivated worker at Preb's for the past 12 years. "Easy going, dependable, customer oriented, a good example for the other employee's" are just a few of the accolades that Chris received in her nomination. The chamber is proud to be recognizing her!

Danny Wheeler, an employee of Sunday River Ski Resort for more than 10 years will be receiving the Ski Industry Employee of the Year. Nominated by Sunday River Ski Resort Vice President, Burt Mills, Dan is being recognized for his incredible maintenance work at the resort. He is largely responsible for the lift system at the area and he oversees the maintenance of vehicles and snowmaking equipment. He is recognized nationally as an expert in ski lift maintenance and repair and is willing to share his learned computer skills with others in the community. Dan is also a member of the Masonic Lodge, where he serves the community.

Lois Ruff, chamber president, will also be presenting a surprise "Volunteer of the Year" award.

The Awards Dinner will be held at the Bethel Inn and Country Club. Tickets are \$20 per person, which includes a full buffet dinner. Reservations and prepayment are required by contacting the chamber office, 824-2282, by Monday, April 29th. Joe Perham, well known Maine Humorist will be the guest speaker.

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(6)	Home Imp	Sein
(8)	Fortune	Jeop
(10)	News-Lehrer	
(11)	Sportsctr	Stan
(12)	Dukes of Hazzard	
(13)	Ent. Tonight	Edm
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(15)	Shadow of the	
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(18)	The Chace	Gr
(20)	Major League Bas	
(21)	Commish	
(22)		IBA
(24)	Doug	Tiny
(25)	Step Down	Holly
(26)	Wings	Wing
(27)	Equalizer	
(32)	Airwall	
(34)	Major League Bas	
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SATURDAY E		
	7:00	7
(3)	Seinfeld	Chee
(5)	Wallace	
(6)	Home Imp	Sein
(8)	Fortune	Jeop
(10)	News-Lehrer	
(11)	Sportsctr	Stan
(12)	Dukes of Hazzard	
(13)	Ent. Tonight	Edm
(14)	Celcius	DIRT
(15)	Shadow of the	
(17)	Sittins	Rea
(18)	The Chace	Gr
(20)	Major League Bas	
(21)	Commish	
(22)		IBA
(24)	Doug	Tiny
(25)	Step Down	Holly
(26)	Wings	Wing
(27)	Equalizer	
(32)	Airwall	
(34)	Major League Bas	
(38)	Moneysline	Cros

BETH		
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3	WSBK-TV 38,	
4	Channel IV, Be	
5	The Family Ch	
6	WCSH, NBC P	
7	Sunday River S	
8	WMTW, ABC,	
9	WPXI, FOX, P	
10	WCBS, PBS, Le	
11	ESPN	
12	The Nashville	
13	WGME, CBS,	
14	Sports Channe	
15	HBO*	
16	The Learning C	
17	The Disney Ch	
18	Cinemax*	
19	The Weather C	
20	NESN*	

THURSDAY EVENING APRIL 25, 1996										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Stanley Cup Playoffs: Eastern Conf. Quarterfinal Game 4 -- Panthers at Bruins	News	M*A*S*H	Cheers					
(5)	Wallons	Highway to Heaven	Dove Awards						Three Stooges	
(6)	Home Imp	Seinfeld	Friends	Boston	Seinfeld	Caroline	ER		News	
(8)	Fortune	Jeopardy!	Videos	Movie: "Lethal Weapon 3"					News	
(10)	News-Lehrer	Great TV Auction							TV Auction	
(11)	Sportsctr	Stanley Cup Playoffs: Conf. Quarterfinal Game 5 -- Teams TBA						Baseball	Sportscenter	
(12)	Dukes of Hazzard	Ernest Tubb	Prime Time Country					Club Dance	News	
(13)	Ent. Tonight	Editor	Movie: "The Rockford Files: Friends and Foul Play"	48 Hours					News	
(14)	Celtics	DIRT	This Week in NASCAR	Motorsports Hour					Raceweek: NASCAR	
(15)	"Shadow of the Wolf"	Movie: "Ace Ventura: Pet Detective"	Movie: "Public Enemy No. 1"						Comedy	BevHills3
(17)	Sisters	Ready, Not	Movie: "Lucas"	Movie: "The Freshman"						Fleetwood
(18)	"The Charge" Cont'd	Movie: "Nail"		Movie: "Deadly Sins"						
(20)	Major League Baseball	Texas Rangers at Boston Red Sox Cont'd	Cycle World					Press Box	Press Box	Press Box
(21)	Commish	Unsolved Mysteries	Movie: "Night Walk"						Unsolved Mysteries	
(22)		NBA Basketball Playoffs: Teams to Be Announced							NBA Basketball Playoffs: Teams to Be Announced	
(24)	Doug	Tiny Toon	Munsters	Jeanie	I Love Lucy	Bewitched	M.T. Moore	Taxi	Kotter	Van Dyke
(25)	Step Down	Hollywood	Movie: "Gorilla at Large"	Movie: "The Fighting Seabees"					"War of the Wildcats"	
(26)	Wings	Wings	Movie: "Wall Street"					Highlander: The Series	Stalkings	
(27)	Equalizer	Biography	Ancient Mysteries	Voyages					Law & Order	
(32)	Airwolf	World Vision	Night Heat	News					Magnum, P.I.	
(34)	Major League Baseball	Major League Baseball: Seattle Mariners at Chicago White Sox							News	Simon
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live		World Today		Sports	Moneyline

SUNDAY EVENING APRIL 28, 1996										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	TBA	Stanley Cup Playoffs: Eastern Conf. Quarterfinal Game 6 -- Panthers at Bruins	Babylon 5							Kung Fu
(5)	Movie: "Dad, the Angel & Me"				Movie: "Columbo: A Bird in the Hand"					Father Dowling Mysteries
(6)	NBA Basketball Playoffs	Mad-You	Newsradio	Movie: "The Beast"						Outer Limits
(8)	Videos	Videos	Lois & Clark-Superman	Movie: "She Woke Up Pregnant"						Paid Prog.
(10)	Great TV Auction									Great TV Auction Continues
(11)		Baseball	Major League Baseball: Atlanta Braves at St. Louis Cardinals							Sportscenter
(12)	In-Fish	Bill Dance	Back Road	Outdoors	Championship Rodeo	Raceday	Motor Trd	NHRA		Auto Race
(13)	60 Minutes		Murder, She Wrote		Movie: "Grumpy Old Men"					News
(14)	Olympic Odyssey				Celtics	Trackside	Motorsports Hour			Transworld Sport
(15)	"Shadow of the Wolf"		Movie: "Higher Learning"							Movie: "Soul of the Game"
(17)	Movie: "Rudyard Kipling's The Jungle Book"				Special Evening With Elton John					Movie: "Any Which Way You Can"
(18)	Movie: "Batman" Cont'd	Movie: "Lethal Weapon 2"								Movie: "Death Wish"
(20)	College Baseball: Oregon State at Washington State	Surfing: Pro Tour								College Baseball
(21)	"Strange Voices" Cont'd	Movie: "Body of Evidence"								Intimate Portrait
(22)	Movie: "Two Mules for Sister Sara"				National Geographic Explorer					Earth
(24)	My Brother	You Afraid?	Nick News	Munsters	I Love Lucy	M.T. Moore	Taxi	Kotter	Newhart	Van Dyke
(25)	"Wild River" Cont'd	Movie: "Yankee Buccaneer"								Movie: "Arrowhead"
(26)	Movie: "Praying Mantis"				Renegade					Silk Stalkings
(27)	Ancient Mysteries	Circus! 200 Years of Circus in America								America's Castles
(32)	Airwolf	Baretta			GOP TV: Rising Tide					News
(34)	PinkyBrain	Parent	Sister, Sis.	Kirk	Savannah					Black Exp.
(39)	Capital	Crossfire	Prime News	Sport Sun.	CNN Presents					World Today

FRIDAY EVENING APRIL 26, 1996										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Cheers	Movie: "The Untouchables"					News	M*A*S*H	Cheers
(5)	Wallons	Highway to Heaven	Rescue 911					700 Club		Three Stooges
(6)	Home Imp	Seinfeld	Unsolved Mysteries	Dateline				Homicide: Life		News
(8)	Fortune	Jeopardy!	Fam. Mat	Boy-World	Step-Step	Mr. Cooper	20/20			News
(10)	News-Lehrer	Great TV Auction								TV Auction
(11)	Sportsctr	Stanley Cup Playoffs: Conf. Quarterfinal Game 5 -- Teams TBA						Baseball	Sportscenter	
(12)	Dukes of Hazzard	Championship Rodeo	Prime Time Country					Club Dance		News
(13)	Ent. Tonight	Editor	Due South	Diagnosis Murder				Nash Bridges		News
(14)	"Shadow of the Wolf" Cont'd	Movie: "Immortal Combat"						Pennant	Hockey Wk.	Raceweek: NASCAR
(15)	"Shadow of the Wolf" Cont'd	Movie: "Munster Go Home"						Tales-Crypt	Strangers	Sex Bytes
(17)	"Shadow of the Wolf" Cont'd	Movie: "Munster Go Home"						Movie: "Butch Cassidy and the Sundance Kid"		Dennis M.
(18)	"Shadow of the Wolf" Cont'd	Movie: "The Basketball Diaries"						Movie: "Interview With the Vampire"		
(20)	Major League Baseball	Arizona State at Arizona State						Hockey Wk	Press Box	Press Box
(21)	Commish	Unsolved Mysteries	Movie: "The Amy Fisher Story"							Unsolved Mysteries
(22)		NBA Basketball Playoffs: Teams to Be Announced								NBA Basketball Playoffs: Teams to Be Announced
(24)	Doug	Tiny Toon	Munsters	Jeanie	Phil Silvers	Phil Silvers	Phil Silvers			
(25)	Step Down	Hollywood	Movie: "Dead End"							
(26)	Wings	Wings	Movie: "Fatal Attraction"							Wall Street
(27)	Equalizer	Biography	Floating Palaces							Law & Order
(32)	Airwolf	World Vision	Night Heat	News						Magnum, P.I.
(34)	Major League Baseball	California Angels at Chicago White Sox								Major League Baseball: Cubs at Dodgers
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live		World Today		Sports	Moneyline

MONDAY EVENING APRIL 29, 1996										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Cheers	Star Trek: Voyager	Nowhere Man				News	M*A*S*H	Cheers
(5)	Wallons	Highway to Heaven	Rescue 911					700 Club		Three Stooges
(6)	Home Imp	Seinfeld	Censored Mega-Bloopers	Movie: "The Beast"						News
(8)	Fortune	Jeopardy!	Put to the Test II	Movie: "Angel Flight Down"						News
(10)	News-Lehrer	In Search of the Oregon Trail								Served
(11)	Sportsctr	Stanley Cup Playoffs: Conf. Quarterfinal Game 7 -- Teams TBA						Baseball	Sportscenter	
(12)	Dukes of Hazzard	CMT Presents-Concerts	Prime Time Country					Club Dance		News
(13)	Ent. Tonight	Editor	Nanny	Dave's	Murphy B.	Cybill	Chicago Hope			News
(14)	Pennant	Club Golf	Sportswriters on TV	Gymnastics: Ultimate Spectacular				Futbol		Boxing: Fight Night
(15)	Morgan Stewart's Home	Movie: "The Godfather, Part II"								Strangers
(17)	Movie: "Treasure Island"				Movie: "Lifeboat"					Alfred Hitchcock
(18)	Stuart Saves His Family	Movie: "I.Q."			Movie: "Disclosure"					
(20)	Minor League Baseball: Trenton Thunder at Norwich Navigators	Transworld Sport						Press Box	Press Box	Press Box
(21)	Commish	Unsolved Mysteries	Movie: "The Substitute Wife"							Unsolved Mysteries
(22)	Videos	Videos	Matlock		Movie: "Matlock: The Billionaire"					Perry Mason
(24)	Doug	Tiny Toon	Munsters	Jeanie	I Love Lucy	Bewitched	M.T. Moore	Taxi	Kotter	Van Dyke
(25)	Road-Sing	Movie	Movie: "Charol"							Movie: "Blood Alley"
(26)	Wings	Wings	Murder, She Wrote		WWF Monday Raw					Silk Stalkings
(27)	Equalizer	Abbott and Costello-Bio.	Point							Miss Marple
(32)	Airwolf	Children's Hospital	Night Heat							News
(34)	Fam. Mat	Newhart	Black Sheep Squadron							Major League Baseball: Cubs at Dodgers
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live		World Today		Sports	Moneyline

SATURDAY EVENING APRIL 27, 1996										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Cheers	Movie: "Backdraft"					News	Movie: "Stakeout"	
(5)	Wallons	Highway to Heaven	Rescue 911					700 Club		Three Stooges
(6)	Home Imp	Seinfeld	Unsolved Mysteries	Dateline				Homicide: Life		News
(8)	Fortune	Jeopardy!	Fam. Mat	Boy-World	Step-Step	Mr. Cooper	20/20			News
(10)	News-Lehrer	Great TV Auction								TV Auction
(11)	Sportsctr	Stanley Cup Playoffs: Conf. Quarterfinal Game 6 -- Teams TBA						Baseball	Sportscenter	
(12)	Dukes of Hazzard	Championship Rodeo	Prime Time Country					Club Dance		News
(13)	Ent. Tonight	Editor	Due South	Diagnosis Murder				Nash Bridges		News
(14)	"Shadow of the Wolf" Cont'd	Movie: "Immortal Combat"						Pennant	Hockey Wk.	Raceweek: NASCAR
(15)	"Shadow of the Wolf" Cont'd	Movie: "Munster Go Home"						Tales-Crypt	Strangers	Sex Bytes
(17)	"Shadow of the Wolf" Cont'd	Movie: "Munster Go Home"						Movie: "Butch Cassidy and the Sundance Kid"		Dennis M.
(18)	"Shadow of the Wolf" Cont'd	Movie: "The Basketball Diaries"						Movie: "Interview With the Vampire"		
(20)	Major League Baseball	Arizona State at Arizona State						Hockey Wk	Press Box	Press Box
(21)	Commish	Unsolved Mysteries	Movie: "The Amy Fisher Story"							Unsolved Mysteries
(22)		NBA Basketball Playoffs: Teams to Be Announced								NBA Basketball Playoffs: Teams to Be Announced
(24)	Doug	Tiny Toon	Munsters	Jeanie	Phil Silvers	Phil Silvers	Phil Silvers			
(25)	Step Down	Hollywood	Movie: "Dead End"							
(26)	Wings	Wings	Movie: "Fatal Attraction"							Wall Street
(27)	Equalizer	Biography	Floating Palaces							Law & Order
(32)	Airwolf	World Vision	Night Heat	News						Magnum, P.I.
(34)	Major League Baseball	California Angels at Chicago White Sox								Major League Baseball: Cubs at Dodgers
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live		World Today		Sports	Moneyline

TUESDAY EVENING APRIL 30, 1996										
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Seinfeld	Stanley Cup Playoffs: Eastern Conf. Quarterfinal Game 7 -- Bruins at Panthers	News	M*A*S*H	Cheers					
(5)	Wallons	Highway to Heaven	Rescue 911					700 Club		Three Stooges
(6)	Home Imp	Seinfeld	Unsolved Mysteries	Dateline				Homicide: Life		News
(8)	Fortune	Jeopardy!	Fam. Mat	Boy-World	Step-Step	Mr. Cooper	20/20			News
(10)	News-Lehrer	Great TV Auction								TV Auction
(11)	Sportsctr	Stanley Cup Playoffs: Conf. Quarterfinal Game 7 -- Teams TBA						Baseball	Sportscenter	
(12)	Dukes of Hazzard	Championship Rodeo	Prime Time Country					Club Dance		News
(13)	Ent. Tonight	Editor	Due South	Diagnosis Murder				Nash Bridges		News
(14)	"Shadow of the Wolf" Cont'd	Movie: "Immortal Combat"						Pennant	Hockey Wk.	Raceweek: NASCAR
(15)	"Shadow of the Wolf" Cont'd	Movie: "Munster Go Home"						Tales-Crypt	Strangers	Sex Bytes
(17)	"Shadow of the Wolf" Cont'd	Movie: "Munster Go Home"						Movie: "Butch Cassidy and the Sundance Kid"		Dennis M.
(18)	"Shadow of the Wolf" Cont'd	Movie: "The Basketball Diaries"						Movie: "Interview With the Vampire"		
(20)	Major League Baseball	Arizona State at Arizona State						Hockey Wk	Press Box	Press Box
(21)	Commish	Unsolved Mysteries	Movie: "The Amy Fisher Story"							Unsolved Mysteries
(22)		NBA Basketball Playoffs: Teams to Be Announced								NBA Basketball Playoffs: Teams to Be Announced
(24)	Doug	Tiny Toon	Munsters	Jeanie	Phil Silvers	Phil Silvers	Phil Silvers			
(25)	Step Down	Hollywood	Movie: "Dead End"							
(26)	Wings	Wings	Movie: "Fatal Attraction"							Wall Street
(27)	Equalizer	Biography	Floating Palaces							Law & Order
(32)	Airwolf	World Vision	Night Heat	News						Magnum, P.I.
(34)	Major League Baseball	California Angels at Chicago White Sox								Major League Baseball: Cubs at Dodgers
(39)	Moneyline	Crossfire	Prime News	Politics	Larry King Live		World Today		Sports	Moneyline

BETHEL CITIZEN TV LISTINGS

- | | |
|--------------------------------|-----------------------------------|
| 2 C-SPAN | 21 Lifetime |
| 3 WSBK-TV 38, Boston | 22 WTBS, Atlanta |
| 4 Channel IV, Bethel | 23 CNBC |
| 5 The Family Channel | 24 Nickelodeon |
| 6 WCHS, NBC Portland | 25 American Movie Classics (AMC) |
| 7 Sunday River Ski TV | 26 USA Network |
| 8 WMTW, ABC, Auburn | 27 Arts & Entertainment (A&E) |
| 9 WPXT, FOX, Portland | 28 QVC Home Shopping |
| 10 WCBH, PBS, Lewiston | 30 Inspirational Network |
| 11 ESPN | 32 WWOR, New York |
| 12 The Nashville Network (TNN) | 33 CNN Headline News |
| 13 WGME, CBS, Portland | 34 WGN, Chicago |
| 14 Sports Channel N. E. (SCNE) | 35 Video Hits - 1 (VH-1) |
| 15 HBO* | 36 Country Music Television (CMT) |
| 16 The Learning Channel | 37 Discovery Channel |
| 17 The Disney Channel* | 38 MTV Music Television |
| 18 Cinemax* | 39 Cable News Network (CNN) |
| 19 The Weather Channel | * Premium Channels |
| 20 NESN* | |

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College acceptances



Jessica Reynolds

AT USM

Jessica J. Reynolds has been accepted to the University of Southern Maine, Portland-Corham, for the fall semester. She plans to major in English with a concentration in creative writing. A student at Telstar Regional High School through her senior year, Jessica was active in cheerleaders and drama club. She was named to Oxford Hills High School's All-Star team for her senior year, where she was a member of the cheer squad. She completed the GED exam in Sept. 1995, earning perfect scores in four subjects. Jessica is the daughter of Daniel B. Reynolds of Harrison and the late Barbara Reynolds.



Keith Stevens

AT LYNDON STATE

Keith Stevens, the son of Althea and Robert Stevens of East Bethel, has been accepted at Lyndon State College in Lyndonville, Vt. Keith plans to major in sports medicine.

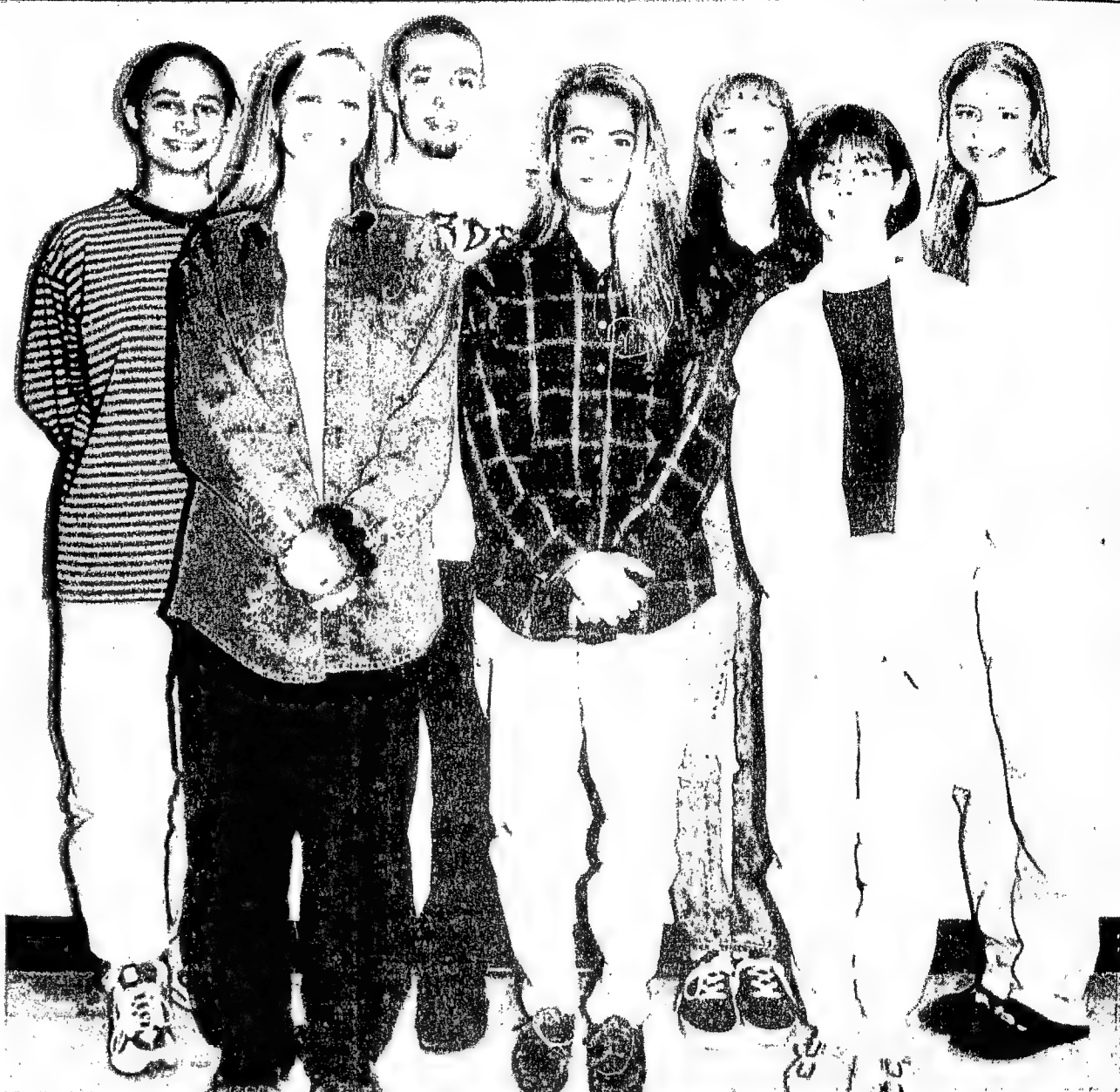
Dean's list

AT ECKERD COLLEGE

Cherilyn P. Myers has earned a place on the Dean's List for Fall 1995 at Eckerd College. Cherilyn is the daughter of Mr. and Mrs. William S. Myers, and the granddaughter of Norris and Barbara Brown. A student must have a grade point average of at least 3.75 to be included on the Dean's List.

NATIONAL HONOR SOCIETY INDUCTEES
Nine Telstar High School students were recently inducted into the the school chapter of the National Honor Society. They join 11 current members of the organization. Pictured are, front (from left): Rachel Stowell, Michelle McInnis, Kate Nickerson. Rear: Jessie Wight, Cory Koch, Sarah Seames, Martha Grover. Absent: Cora Gallagher, Kelli Szente.

(Photo by Alison Aloisio)



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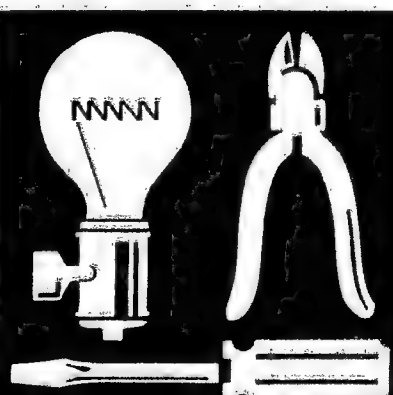
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Boys' Varsity Tennis

Hyde 3, Gould 2

April 17--Gould lost to Hyde School in Bath. Gould won both doubles teams' matches. Seniors Lucas St. Clair and Chris Shearer beat Josh Stern and Ryan Norberg 6-4, 6-2. Pete Girard and Jake Harrity narrowly defeated Alex Searcella and Josh Duskin 6-2, 4-6, 7-6.

Gould 3, NYA 2

April 18--Gould's top singles player Mark Harries led his team to victory by beating Jason Naiden of North Yarmouth Academy 6-2, 6-1. Sam Harrity won #2 singles 6-2, 6-1, while Pete Girard and Jake Harrity were victorious again in the second singles position 6-4, 6-4.

Boys' J.V. Tennis

Kents Hill 4, Gould 1

April 20--Second singles player Asher Gherter posted Gould's lone win in a team loss to Kents Hill. Gherter defeated Jay Nicols 6-3, 6-0.

Boys' J.V. Lacrosse

Gould 7, Kents Hill 4

April 20--Gould won its season home opener against Kents Hill before an enthusiastic Parents' Weekend crowd. Andrew Smith led the offense with three goals while Nate Fredericks added two. Junior Dana Drummond put one goal in the net in his first lacrosse game ever, while Dustin Rice scored the first goal of his career.

GROVER RECEIVES MSSPA PRINCIPAL'S AWARD

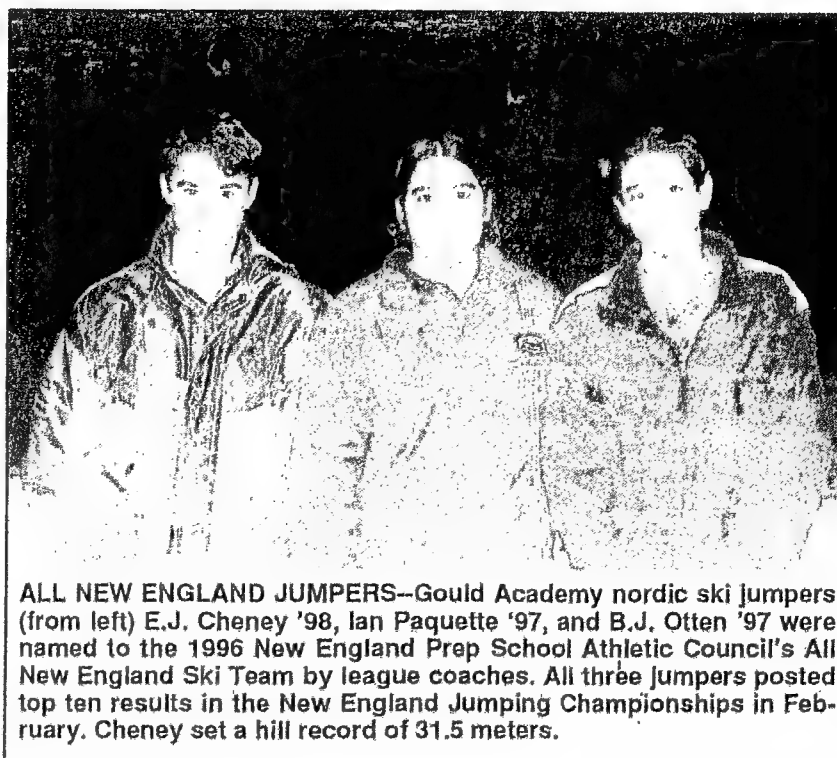
Lydia C. Grover of Mason, a senior at Telstar Regional High School, will receive the 1996 Principal's Award, Principal Theodore Davis announced last week.

The award, sponsored by the Maine Secondary School Principals' Association, is given in recognition of a high school senior's academic achievement and citizenship.

"Throughout her years at Telstar Regional High School, Lydia has distinguished herself in the classroom and has been actively involved in many school activities," Davis noted in making the award. "She very much deserves this recognition."

The MSSPA recognizes the outstanding students with the presentation of an individual plaque and pin. One student is selected to receive the Horace P. McGowan Scholarship.

The \$1000 scholarship is given to the MSSPA in honor of the association's past executive director. It will be presented by Mr. McGowan.



ALL NEW ENGLAND JUMPERS--Gould Academy nordic ski jumpers (from left) E.J. Cheney '98, Ian Paquette '97, and B.J. Otten '97 were named to the 1996 New England Prep School Athletic Council's All New England Ski Team by league coaches. All three jumpers posted top ten results in the New England Jumping Championships in February. Cheney set a hill record of 31.5 meters.

school lunch menu

WEEK OF APRIL 29

SAD44 Breakfast Program
Monday: Breakfast pizza, fruit juice, milk.
Tuesday: Cereal, toast, jelly or p/butter, fruit juice, milk.

SAD44 Lunch Program
Monday: Grilled chicken on a seeded bun, veggie variety, fruit variety, milk.
Tuesday: Meat loaf, whipped potato, veggie variety, bread and butter, fruit variety, milk.

Oxford Hills Lunch Program
Monday: Cheeseburger on bun,

pickle, chips, oven fried potatoes, fruit.
Tuesday: Tacos w/meat, cheese lettuce, tomato and taco sauce, tortilla chips, green peas, fruit dessert.
Wednesday: Chicken patty on bun, lettuce and tomato, golden corn, fruit.
Thursday: Oven baked beans, hot dog in a roll, simmered carrots, fruit cup.
Friday: Breakfast for lunch, Orange juice, French toast sticks, maple syrup, breakfast ham, golden potatoes.

GREENWELL ATTENDS LEGION ASSEMBLY

Jeri Brooks Greenwell of Bethel was one of nearly 500 delegates, alternates and distinguished guests who attended the American Legion Auxiliary's 15th annual Awareness Assembly, March 31 to April 3, at the Hyatt on Capitol Hill, Washington, D.C.

She is a member of the Mundt-Allen Post 81 in Bethel.

GRANGE HEARING CLINIC

On Saturday, May 4, Franklin Grange 124 will sponsor a free hearing clinic at the hall, Main Street, Bryant Pond, from 11 a.m. to 3 p.m. The public is invited to participate.

On Saturday, May 25, from 10 to 12 a.m., there will be a free skin care clinic at the Grange hall. Tickets will be on sale for \$2 for chances on \$100 of Mary Kay skin care products. Mrs. Lori Grass will be the consultant.

POETRY READINGS

"Out of the Cradle," Maine's newest literary magazine, will host poetry readings on the fourth Thursday of each month at the Bethel Bagel and Deli, Main Street, Bethel, from 7 to 9 p.m.

The first reading will be on April 25. Facilitators are Dorothy Duddy and Rockie Graham.

All area poets and students who are seeking a forum for their writing, as well as interested members of the public are invited to attend.

For further information, call Dorothy at 527-2138 or Rockie at 824-3427.

The Bethel Citizen
For complete local news coverage

LECTURE CANCELED

Women's rights activist Vivian Stromberg has canceled her Bethel lecture scheduled for Thursday, April 25. She and other relief workers flew to Beirut this week to assist those injured or displaced during the recent artillery exchanges between Lebanon and Israel. Stromberg was to speak to social studies students and members of the public at Gould Academy.

Service notes

Pvt. Dorothy McPherson

Marine private Dorothy M. McPherson, daughter of Daniel H. McPherson of Hanover, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C.

She is a 1995 graduate of Mountain Valley High School in Rumford.

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Gould offers new summer school program for scholars 12 to 14

By SCOTT JEROME

Entering its 16th year, Gould Academy Summer School gains new leadership in 1996 as well as a new program. Wells "Buz" Morison has been named the new director, while Nancy J. Stowell '80 joins Gould Academy as the new director of Summer School Admissions.

In addition to the regular program, summer school has added a four-week program for younger students. Though new to Gould in 1995, Morison has 14 years of experience in residential schools. He spent the last six summers as a site director for The Johns Hopkins Center for Talented Youth and directed the center's first international site in Geneva, Switzerland.

Stowell began work as assistant director of admissions for Gould's regular school in the summer of 1995, after spending seven years teaching social studies in Rye, N.Y.

For the past 15 years Gould Academy Summer School has offered a six-week residential program for highly motivated high school students.

Summer school students complete the equivalent of a full year's worth of material in one subject area during the six-week session, while enjoying the many cultural and outdoor opportunities available in Maine during the summer months.

Summer School will continue the six-week program in 1996 for students entering the 10th-, 11th-, and 12th-grades.

Young Scholars Program

In addition, Gould has added a new session, The Young Scholars Program (YSP), which offers academically talented students entering the seventh-, eighth-, and ninth-grades four weeks of "total immersion" education in writing, mathematics, earth science, biology, or Latin.

Most academically talented students are easily identified, according to Morison. Students who enjoy academics, learn quickly, score well on standardized tests, and earn outstanding marks in school are most likely academically talented, he says. Some, however, are not as easy to recognize. Because of a slow classroom pace or lack of depth in a subject area some academically talented students are extremely bored with school and may be earning low marks.

The Young Scholars Program has been designed to meet both intellectual and social needs of academically talented students. "Gould's Young Scholars Program may be the first experience for many of these students in which they are surrounded by peers who are just like themselves," said Morison.

He believes that the combination of challenging, fast-paced courses, successful and inspirational instructors, and varied afternoon and weekend activities creates a very powerful summer experience.

Morison describes the addition of the YSP to the already successful Gould Academy Summer School as a convergence of several factors. First, there is a genuine need in the state of Maine for such a summer program, a program which currently does not exist within the state. "The gifted and talented wing of the Maine State Department of Education had been trying to lure

Johns Hopkins to Maine for a long time," said Morison. "They almost had a site, but when that fell through, parents and educators began looking for alternatives." Gould's Young Scholars Program fills a critical void, he said.

Second, Morison emphasizes the importance of working with academically talented students during a specific age range. "If your goal is to make a huge difference with academically talented students, expose them to their own potential, and help them set goals for their academic careers, then it is very important to work with them when they are 12 to 14 years old," he said.

Headmaster William Clough's commitment to young people was another important factor which helped give life to YSP, said Morison.

"Mr. Clough is one-hundred-percent committed to having Gould Academy be a place for kids, in the fall, winter, spring, and summer," Morison said.

Another component in adding YSP was a desire to see the entire summer school grow in size without jeopardizing the integrity of the High School Program. Morison also believes that YSP will be a place for professional development for Gould faculty. "Both the High School Program and YSP will give Gould faculty an opportunity to teach classes that they may not normally teach in Gould's regular school," he said.

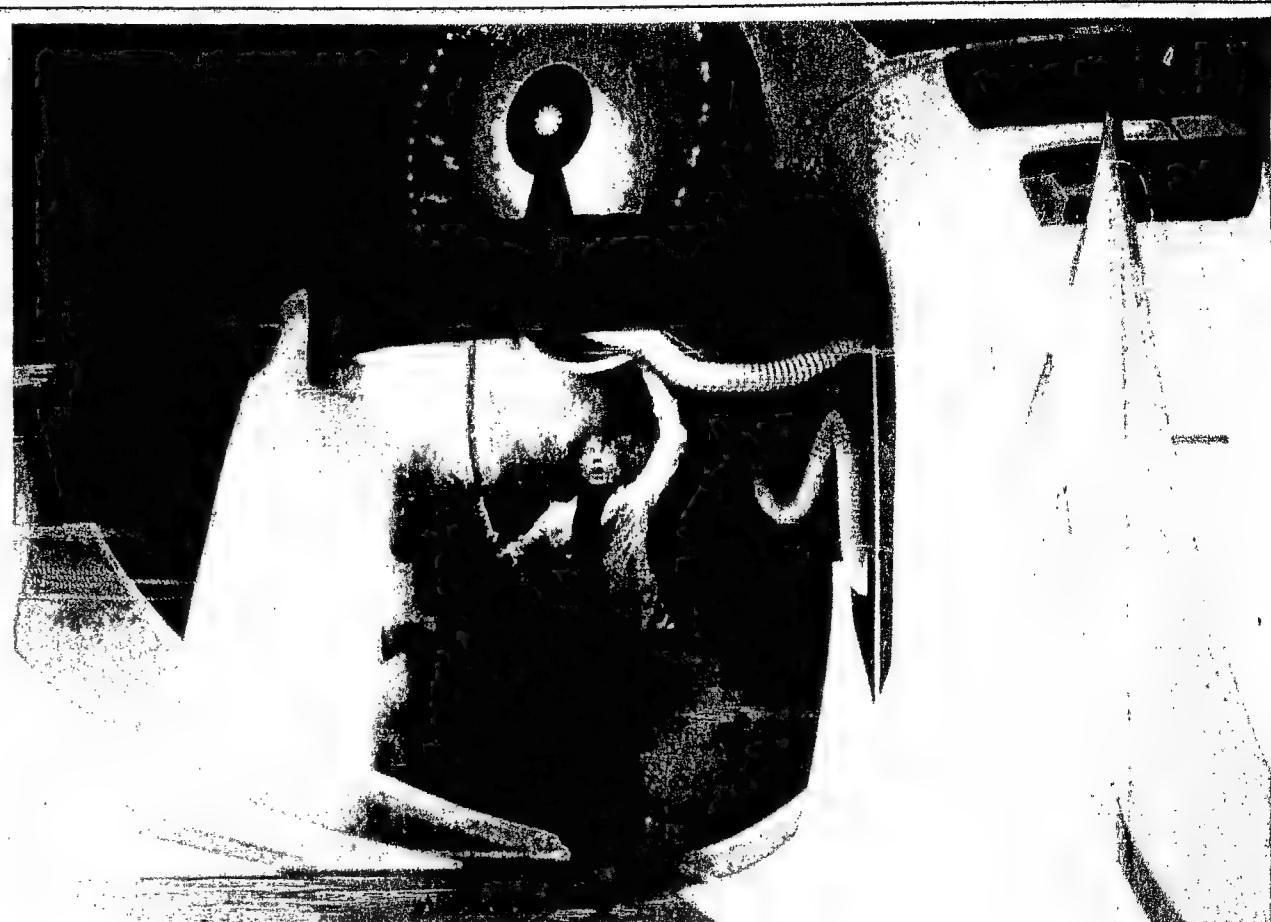
Both Morison and Stowell stressed that YSP will not preempt the High School Program. Though both groups of students will share some dining hall space and occasionally participate together in all-school activities, the two programs will attend different classes, live in different areas of the residence halls, and will operate on different daily schedules.

"We don't see the programs clashing," said Morison. "Structured activities and appropriate supervision will allow for healthy connections between the age groups, but basically these kids want to be with other kids of their own age."

While Stowell admits that filling a new program with qualified students will be challenging, she and Morison are confident about reaching the enrollment goal. So students in each program, Gould Academy admits summer school alumni, former Gould parents, and many of the school have always played a major role in the summer school's memory pool.

"Over 70 percent of past summer school students heard about the program through the greater Gould community," said Morison. "We owe the alumni body an enormous 'thank-you' for their response and we hope that they will continue to support Summer School in the future."

The High School Programs run from June 23 to Aug. 2, while the Young Scholars Program begins June 23 and concludes July 20. If you would like more information about Gould Academy Summer School's 1996 program, contact Nancy J. Stowell '80 at 824-2427. You may also send Nancy a FAX at 824-2428, reach her via the Internet at nstowell@k12.me.us, or write to her at Gould Academy, P.O. Box 860, Bethel, ME 04217.



Radical Radio at WES

"Radical Radio" will give one performance at the Woodstock Elementary School on Friday, May 3, at 7 p.m. The event is sponsored by the Mahoosuc Arts Council with the support of the Maine Arts Commission. Tickets for this family event are \$5 for adults, \$3 for students and are available at Preb's Pharmacy in Bethel, or by calling 824-3575 for reservations, or at the door on the night of the performance.

The Mahoosuc Arts Council would like to thank the following Angels for their help with this production: the family of Leslie B. Otten and the Bethel Inn and Country Club, co-sponsored by Chris Brink and Jill Rundle, the Bethel Spa Motel and Shops.

Radical Radio combines exciting music, theatre, dance and laughter to create a new adventure in entertainment. Colorful characters lead audiences through the mystical airwaves of a giant 15-foot tall radio. If you are five, 95 or somewhere in between, laugh along with the "Rock and roll troll," "Dr. Von Kooka" and join the fun as we tune into Planet Z, the Deep Jungle, and other exotic destinations. This fast-paced romp has something for everyone, young and old.

Radical Radio recently completed a three-week engagement off-Broadway in New York City at Playhouse 91. The Village Voice had this to say, "A gigantic radio pulses to life. Like a slot machine, the dials light up and spin crazily. Hummable rock tunes go blasted. Day-Glo colors and dramatic silhouettes sweep the stage. The airwaves are scammed for signs of comic vignettes, and the energetic cast literally springs from the radio's chambers. From the Spellbound trio (Jerry Sanders, Steve Underwood, and Karmio Sanders) comes this spitty family musical. Adults can also tune in." Time Out New York hailed the "talented and energetic cast."

Radical Radio has played throughout central and southern Maine gathering rave reviews and standing ovations. The Maine critics hailed the show as, "a riot," "a wonderful concept," "as a children's theatre piece it was marvelously inventive," "everybody was rocking and rolling," and "a marvelous set." The Portland Press Herald and Radical Radio is a "Prairie Home Companion from outer space." The Maine Times called the show "a vibrant musical theater production... the show is by turns surprisingly funny and visually striking... this is solid musical theater that is highly energetic and always entertaining... as a musical, it succeeded on the nearly flawless performance of songs..." Face Magazine had this to say about Radical Radio, "one absolutely marvelous all-ages theatrical experience... wows the kids with outrageous sight gags and bouncy music, while appealing to a sophisticated adult audience... an evening of riotously funny songs..."

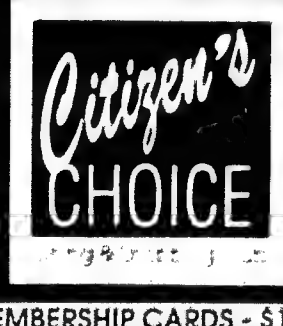
Radical Radio was written by and stars Jerry Sanders (musician, dancer and mime), Steve Underwood (composer, arranger and performer) and Karmio Sanders (professional actress and writer). The production is directed by Brian P. Allen.

The Bethel Citizen for complete local news coverage

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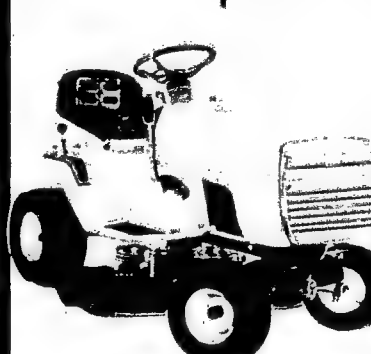
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NOTICE

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The Small Business Accounting Specialists

Free Initial Consultation

John Bayerlein

Mason Bethel • P.O. Box 699

Bethel, ME 04217

(207) 824-7658

PRIVATE DUTY over 2 years CNA experience - will also take to doctors appointments & runs errands. Call Brenda Bartholomew 824-2209 - references available. 16-19p

COMPUTING

Get Up and Running
Walk-through New Software
Custom Business Programs
Reservations Programs
Help on What to Buy

Donald Bennett

Red House Management Svc

824-2094

Business/Commercial Opportunities

FOR MORE INFORMATION AND ASSISTANCE regarding the rules of financing, business opportunities and work at home opportunities. The Bethel Citizen urges its readers to contact the Better Business

Sudbury Village Apartments

Two bedroom apartment available immediately. Subsidized to qualified applicants.

For more information

Please call Ginny Walker 207-824-3364

Joan Moorehead 207-743-0140

Equal Housing Opportunity

Bureau, Inc., Maine Division, 812 Stevens Avenue, Portland, ME 04103-2648

BUSY COUNTRY RESTAURANT for lease May-October in Rumford Point. Call 364-7520. 15lf

DEALERSHIP WITH NATIONAL MAINTENANCE CORP. Assured accounts in the local area. \$600 weekly income guaranteed to start. \$4,950 investment required. Call 800-832-2290. 17lf

SMALL CONTRACT SECURITY COMPANY; priced to sell; growth potential. For description call (207) 364-2905. Leave Name and mailing address. 17-20p

EXCELLENT PROFITS Log Home Wholesalers. Join proven 18-year Log Manufacturer. 16 Kiln-dried log styles, starting \$9,800. Exclusive territory. Mr. Buck 1-800-321-5647. Old-Timer Log Homes. 17lf

FRANCHISE! Your own business or your future by buying a franchise - many types and sizes available in New England. Call for free information package. 1-800-982-9636. 17lf

ACT NOW. Your full-page color ad on Internet WWW for only \$99 a year. Free details. N&R Associates, 1204 Alamo St., Anaheim, CA 92801. 17lf

Commercial For Rent

RETAIL SPACE FOR RENT 450 sq. ft.

FOR RENT

3 Bedroom house in East Bethel. \$450 a month, one year lease. Please call 207-828-1358 after 8 p.m. Monday thru Thursday

ample parking. Great commercial exposure \$360 per month includes heat and hot water. Unicorn Flower Shop. 824-2358. 38lf

COMMERCIAL/OFFICE SPACE FOR RENT. Rt. 2, West Bethel, 2nd floor. Jeff or Patrice Parsons. 836-3607. 34lf

FOR LEASE COMMERCIAL SPACE, Downtown Bethel. Call Mahoosuc Realty 824-2771. 45lf

OFFICE FOR RENT with great exposure on Route 26. Private entrance. Plenty of parking. \$180/month, heated. Unicorn Building 824-2358. 9lf

Vacation Rentals/Properties

SONGO POND RENTALS. Albany. Ski house for rent. Fireplace, sleeps six. For rent by the week. Call (207) 824-3191, after 6 p.m. 36lf

GOT A CAMPGROUND MEMBERSHIP OR TIMESHARE? We'll take it. America's most successful resort resale clearinghouse. Call Resort Sales Information toll free hotline 1-800-423-5967. 17lf

THE SOUNDINGS RESORT - CAPE COD. On Ocean 360' private beach. Indoor, outdoor pools. Coffee shop. Golf nearby. Packages. Brochure & Reservations. 508-394-6561. Box 1104, Dennisport 02639. 17lf

N. MYRTLE BEACH SC Oceanfront/oceanview condos and homes. April/May/June Special Rate packages. Fully equipped. Large Selection. From \$55/night per unit. Reservations: 1-800-525-0225. 17lf

CENTRAL MAINE WILDERNESS 40 acre lot \$12,500. Cozy Cabin near beach \$55,000. 2 cabins directly on water \$155,000. Motel, lounge, Campground \$595,000. Northern Associates 207-695-2255. 17lf

TIME SHARE UNITS and campground memberships. District sales. Cheap Worldwide selections. Call Vacation Network U.S. and Canada 1-800-543-6173. Free information 305-563-5586. 17lf

Wanted to Rent

WANTED TO RENT. PROFESSIONAL COUPLE with 2 children looking to rent or lease a three or more bedroom house within a 40 mile radius of Rumford. Call 207-884-7430 after 5:30 p.m. 17-19p

PROFESSIONAL COUPLE, mid 30's, seeks home with acreage in Bethel/Lovell region to rent/purchase. Stephen and Barbara 775-3873 - 8 am to 8 pm. 17-20

For Rent

ELDERLY HOUSING two bedroom downstairs apartment at Sudbury Village. Units are subsidized to qualified applicants - waiting lists maintained. Call (207) 824-3364. Equal Housing Opportunity. 40lf

IN-TOWN 90+ year old farm house. 4 Bdrms., furnished, whirl pool, tub, cable, washer/dryer. Sleeps 10. Utilities included \$850 per week. 804-253-0476. 40lf

SKI CABIN by the week or weekend. 3 Bedroom, one bath. Plus security deposit. 824-4613. 47lf

CONTEMPORARY HOME overlooking Sunday River, sleeps up to 8, fireplace, jacuzzi, available February 16 through March 9, by the week or all three weeks. Call 824-4024. 2lf

HOUSE FOR RENT in Hanover, 10 miles from Bethel. Call 364-7520. 4lf

THREE TO SIX BEDROOM FARMHOUSE for rent. 1-207-836-3945 or 1-207-824-2144. 13lf

FOR RENT or rent with option to buy 3 BR, 2 bath, 1 acre lot \$500 month. Security deposit required. Call 207-836-3271 until 8pm. 14-17p

APARTMENT FOR RENT. Broad Street, Bethel. Available after April 15th. Two bedroom apt., 1st floor, washer & dryer. Ref. + security deposit. No Pets. N/S \$500/mo. 824-3062. 14lf

NEW 4 BR 2 1/2 bath house. FIVE bedroom and wood heat, dishwasher, W/D sunny, nice views off Sunday River Rd., heat and hot water included. 824-2115. 14lf

FOUR SEASONS REALTY

"For all your real estate needs"

Rte 26 & Bird Hill Rd • PO Box 119 • Locke Mills, ME 04255 • 207-875-2414 • 207-665-2883

HOUSE LOTS & LAND

South Round Pond Waterfront. Just shy of an acre! 235' - shorefrontage, permits in place. Privacy views. \$799,000 Reduced to \$64,000. 15lf

Summit Hill, Bryant Pond. 1+ acre lots offer lovely mountain & lake views. Private, on-site to skiway. Owner financing. Prices reduced. Now from \$7,900+. 15lf

Indian Pond, Greenwood. 1+ acre lot. 100' - waterfrontage. Seasonal access. \$29,900. 15lf

Furlong Pond, Greenwood. 1+ acre lot. Seasonal access. \$17,500. 15lf

Fields Hill Road, Summer. 1+ acre lot. Building lot with long road frontage offers privacy. \$27,000. 15lf

South Pond Shores Subdivision. 6+ acre lots. Privacy, views, deeded pond access. Some lots have winter stream access. Prices reduced! from \$9,900. 15lf

Sheepskin Bog Road, Greenwood. 6+ acre lot. Offers convenient location, privacy, affordable. \$14,900. 15lf

CONDOS

Lake Christopher. 3 BR unit boasts spectacular lake and mountain views. Year 2 and enjoyment of a reasonable price of \$74,000 - \$69,000. 15lf

Mt. Abram. Furnished or unfurnished. 1 bdrn. units are only a short walk to the slopes! Comfort and affordability from \$43,900. 15lf

Bethel Inn. Visit Bethel Village & Sunday River nearby while staying in this 2 BR/2 bath townhome overlooking golf course. \$135,000. 15lf

SHORT TERM RENTALS

Maine Street REALTY

57 Main Street

P.O. Box 910

Bethel, ME 04217

e mail: mainest@nxi.com

1-207-824-2114

STATEWIDE

PRIVATE GET-A-WAY

#437 Tucked away on 4+ wooded acres this 4 room property is winterized & includes and a furnace, gas hot water heater, drilled well & storage shed. Located off a town maintained road close to North Pond & skiing, this cottage is priced to sell. \$42,000. 15lf

IN-TOWN LOCATION

#441 This spacious energy efficient 2 bedroom mobile home has a large kitchen and living room with cathedral ceiling. Located in a quiet neighborhood on a well maintained lot. Move in condition. \$61,900. 15lf

BARKER BROOK TOWNHOUSE

#423 Comfortable 2 bedroom, 2 bath units tucked in the woods near Sunday River Ski Area. Many extras include fireplace, upstairs den, deck overlooking Great Brook and attached 1 car garage. \$137,500. 15lf

CLASSIC POST & BEAM

#390 Experience low maintenance living in this light and airy 3 bedroom 1 1/2 bath handcrafted home which sits off a year round maintained road on a hill overlooking Lake Christopher. \$139,000. 15lf

BUSINESS OPPORTUNITIES

COMMERCIAL

#431 Own your own business or lodging headquarters for an outdoor oriented area for less than the cost of most resort homes. This immaculate 4 season 12 unit turnkey operation with lodge and dining room is located at the junction of Rts 2 and 113. An opportunity not to be missed. Priced to sell at \$260,000. 15lf

ROUTE 2

#438 Great location on NE's major east west highway. Property includes 7 units, presently designed as 2 commercial spaces, 2 offices, 2 residential units and one 30 seat restaurant. Excellent growth potential with approval in place for additional buildings. \$348,000. 15lf

When it comes to slopeside vacation homes...

we're the on-mountain specialists!

Sunday River Realty is the area's only realty service specializing in slopeside properties. The expanded Sunday River Real Estate Center offers pre-owned and new construction vacation homes.

Find the slopeside vacation home of your dreams at the winter resort ranked first in the East for families, terrain and snow quality. Call the on-mountain specialists at Sunday River Realty or visit the new Sunday River Real Estate Center located at the South Ridge base lodge.

Slopeside condominiums starting in the mid-\$40,000's.

Visit the new Sunday River Real Estate Center at South Ridge

South Ridge Center
PO Box 450 - Bethel, ME 04217
207-824-3000 ext. 333

Wild River Realty

Corner of Main & Vernon, P.O. Box 997, Bethel, ME 04217 (207) 824-3999

(207) 824-3999



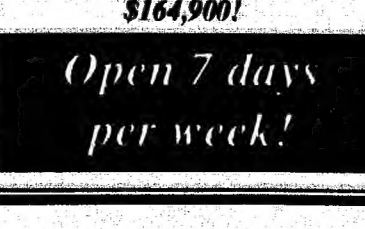
Spectacular New Listing - Paradise Rd. - one of Bethel's finest homes, 4 bdrn, 2+ bath, 4,000+ sq.ft., great views and more! - A terrific house at \$359,000! 15lf



Howard Pond Rd. in beautiful Hanover - Very nice colonial, 4 bdrn/1 bath, 2 car garage, great landscaping, convenient to SR! WHAT A HOUSE! for \$99,900! 15lf



Eden Ridge Townhomes Great views, fireplaces, garages, 2 bdrn units, some with many extras, in-town convenience! - from \$99,000 - \$119,000! 15lf



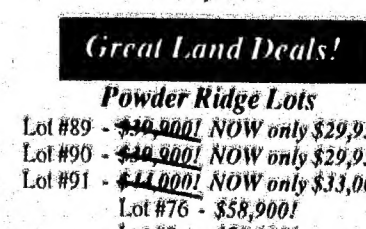
Spectacular Powder Ridge Beautiful 3 bdrn, 2.5 baths, fieldstone fireplace, great decks with breathtaking views and more! - A great buy at \$164,900! 15lf



New Listing, Bogg Rd., Gilead 3 bdrn, 2.5 ba., 2 car garage, beautiful red oak floors, 3,000+ sq.ft. ranch, spectacular views on 4+ ac.! A great buy at \$149,000! 15lf



Songo Pond, Water Round! On the water 3 bdrn, 1 bath, brick fireplace, oil heat, hot tub, great shore frontage, views and more! - A great buy at \$139,000! 15lf



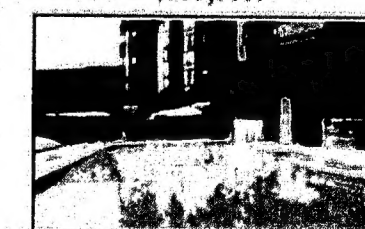
Chamberlain Condominiums Outdoor pool, spectacular views, 2 & 3 bdrn units in new building with gas heat! Two resales at great prices! - from \$69,000 - \$149,900! 15lf



Powder Ridge Lots Lot #89 - \$39,000! NOW only \$29,950! Lot #90 - \$49,000! NOW only \$29,950! Lot #91 - \$44,000! NOW only \$33,000! Lot #76 - \$58,900! Lot #8 - \$79,500! 15lf



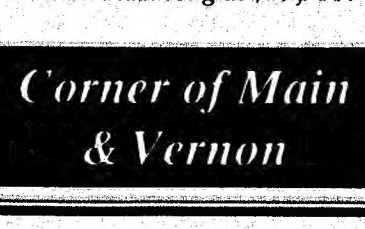
Woodstock (Rt. 26) Lots Lot #1 (41 ac) - \$39,000! Lot #2 (41 ac) - \$39,000! Lot #3 (46 ac) - \$49,900! Lot #4 (41 ac) - \$45,000! Lot #6 (4.5 ac) - \$9,500! 15lf



Andover - Mountain Lots Lot #1 (23+ac) - \$19,900! Lot #2 (11+ac) - \$10,900! Lot #3 (9+ac) - \$9,900! Lot #4 (20+ac) - \$18,900! 15lf



Upton Camp - Very nice 2 bdrn, perfect for that get away place! Furnished, dug well, town road, could be winterized! Won't last long at \$29,900! 15lf



Corner of Main & Vernon Lot #1 (5+ac) - \$19,900! Lot #2 (40+ac) - \$49,900! 15lf

GREENWOOD/BETH two bedroom home utilities. Reference required. 743-9097

NEWRY, POWDER townhouse/duplex. A utilities and deposit. 2 heat, sunny wrap-around furnished. Avail. imm. 8876.

3 BR HOUSE AVAILABLE in town location. 1 month + utilities. Call 824-3043.

CASCADES STUDIO sauna, hot tub, cable, included. Available at \$320 per month. Call (207) 824-3043.

WEST PARIS 1 BR, 1st in town location. Call (207) 674-3240.

BRYANT POND large house. Full bath, kitchen, sun porch, w/d, large yard, FIA oil by or seasonal/furnish. \$525/mo. First, security 1-508-744-9797

PARIS HILL Large, 1+ room storefront space \$450/mo. 207-583-6211

ALMOST NEW 1 1/2 with sunny deck. \$475/month includes heating & trash removal. Shop 824-2358.

THREE BEDROOM 1 1/2, Hanover, ME. 10+ River, walk to Howard Dec. 1st (flexible) utilities (207) 799-1481

SUDBURY VILLAGE Two bedroom apartments. Subsidized to qualify. For more information please call 1-207-824-3364 or 743-0140. Equal Housing Opportunity.

BETHEL WALK TO rental 3 and 4 bed

For

One of Rumford from skiway. Adolescents.

Executive home with out-of-state headquarters for retreat. 4 car garage.

4 BR, 3 BA, 2 double FP, ex

BETHEL

Now accept

handicapped

Must meet

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Choose from

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vertical siding

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Rentals U

115

Classifieds ~ Call 824-2444

Wanted to Rent

WANTED TO RENT PROFESSIONAL COUPLE with 2 children, looking to rent or lease a three or more bedroom house within 40 mile radius of Rumford. Call 207-884-3300 after 5:30 p.m. 17-19p

PROFESSIONAL COUPLE, mid 30's, seeks home with acreage in Bethel/Lovell region to purchase. Stephen and Barbara 775-773-8 am to 8 pm 17-20

For Rent

DERLY HOUSING two bedroom upstairs apartment at Sudbury Village. Units are subsidized to qualified applicants - waiting lists maintained. Call (207) 824-6464. Equal Housing Opportunity. 40f

TOWN 90+ year old farm house. 4 bdrms., furnished, whirl pool, tub, cable, washer/dryer. Sleeps 10. Utilities included \$250 per week. 804-233-0476 40f

CABIN by the week or weekend. 3 bedroom, one bath. Plus security deposit. 4-4613. 47f

TEMPORARY HOME overlooking Sunday River, sleeps up to 8, fireplace, washer, available February 16 through March 9, by the week or all three weeks. 11 824-4024. 2uf

HOUSE FOR RENT in Hanover, 10 miles from Bethel. Call 264-7520. 4uf

URGE TO SIX BEDROOM FARMHOUSE for rent. 1-207-836-3945 or 1-207-214-2144. 13uf

RENT or rent with option to buy 3 BR, 2 bath, 1 acre lot \$500 month. Security deposit required. Call 207-836-3271 until 12-17-96. 14-17p

APARTMENT FOR RENT. Broad Street, Bethel. Available after April 15th. Two bedrooms, 1st floor, washer & dryer. Ref. security deposit. No Pets. N/S \$500/mo. 4-3662 14uf

W 4 BR 2 1/2 bath house. HWY 104 and wood heat, dishwasher, W/D only, new views off Sunday River Rd., heat and hot water included 824-2115 14uf

GREENWOOD/BETHEL AREA furnished two bedroom house \$500 per month plus utilities. References/security deposit required. 743-9097 15-18p

NEWRY, POWDER RIDGE: executive townhouse/duplex. Avail. monthly \$2,000+ utilities and deposit. 2-3 BR, 2 1/2 baths, gas heat, sunny wrap-around deck, completely furnished. Avail. immediately. (603) 659-8876. 15-18p

3 BR HOUSE AVAILABLE for rent May 1st in town location. Yard in back \$500 per month + utilities. Call 743-0167. 15-17p

CASCADES STUDIO/CONDO. Pool, sauna, hot tub, cable, phone, electricity included. Available April 15 - November 15 \$320 per month. Call (919) 514-3362 or (207) 824-3043. 16-18p

WEST PARIS 1 BR, heat and lights, fridge & stove incl. \$80/week + security deposit. (207) 674-3240. 16-17p

BRYANT POND large 7 room, 3 bedroom, house. Full bath, kit., living room, dining room, sun porch, w/d hookups, stove, ref., large yard, FHA oil by tenant, no util. lease or seasonal/furnished or unfurnished \$525/mo. First security, references. 1-508-744-9797. 16-19p

PARIS HILL Large, light, heated 2 bedroom apartment \$575/mo. Also on Paris Hill 2 room store front space with 1 car garage \$450/mo. 207-583-6211 16-22

ALMOST NEW 1 1/2 BDRM. Apartment with sunny deck & quiet neighbors. \$475/month includes heat, hot water, plumbing & trash removal. Call Unicorn Flower Shop 824-2358. 15uf

THREE BEDROOM HOME, Howard Pond Rd., Hanover, ME. 10 minutes to Sunday River, walk to Howard Pond. May 1st thru Dec. 1st (flexible) \$450/month includes utilities (207) 799-1481. 17-20p

SUDBURY VILLAGE APARTMENTS. Two bedroom apartment available immediately. Subsidized to qualified applicants. For more information please call Ginny Walker at 1-207-824-3364 or Joan Moorhead at 743-0140. Equal Housing Opportunity. 17-20

BETHEL WALK TO TOWN. Year round rental 3 and 4 bedroom w/dishwasher, laundry, furnished if desired. \$400 and \$550 per month. (617) 237-2007 17-20

ONE BEDROOM STUDIO APT. on Vernon Street, Bethel. Available May 15. Call 824-2232 - leave message. 17-19

Real Estate

SOUTH RIDGE 2 bedroom townhouse with fireplace, dishwasher. Fully furnished, mountain views, quiet location on Sunday River Rd. Run Trail. WAS \$119,000. REDUCED TO \$109,000. Call owner at 207-844-6484. 14-17

3-6 BEDROOM FARMHOUSE in West Bethel. New sewer system, down payment, owner will finance. Call 207-836-3945. 17uf

FOR SALE BY OWNER: Large Victorian with barn. Rumford Corner, 9 miles from Mt. Abram, 15 miles from Sunday River. Great for B&B. \$83,000. Pim. Evenings 824-3470. 9uf

4 BEDROOM, 2 BATH Federal 2 miles to Village. Large barn, 2 car garage, rolling fields. 1/2 mile from Songo Pond. Mahoosuc Realty. 824-2771. 33uf

SKI MT. ABRAM cozy 4 bedroom chalet. Sleeps 10, fully furnished, walk to slopes. A must see at \$62,900. Call (207) 539-4785. 7uf

6 A DAY (cheaper than renting) (1996) 7/1x14 3 bdr. \$1,150 down (\$6 daily = \$180 a month) apr 8.75% var. or \$22,995. 9 to 7 daily, Sunday 10 to 5. 207-989-7644. Luv Homes, Rt. 1A, Holden, ME 14-17

FREE FIREPLACE deluxe carpet thruout, 30' gas range, 15' frost free refrig, walk a bay window, phone jacks, glass cab doors, vinyl sided, shingled roof. \$1,350 down, 300 at \$211, apr 8.75% var. or \$26,995. 9 to 7 daily, Sunday 10 to 5. 207-989-7644. Luv Homes, Rt. 1A, Holden, ME 14-17

ATRIUM It's worth the trip. You have to see! CAUSE the living room and kitchen are vaulted to give you an atrium, with huge windows to let the light in and because its a 2 bedroom 80', all the rooms are huge and beautiful. It is expensive at \$35,995, BUT worth a lot more, see it now, LUV Homes, Rt. 1A, Holden, ME 14-17

GLAMOROUS Dining room is raised, and has the walk a bay window, ledge for plants and china cabinet too, drop down into the dream kitchen with wall oven and electric counter unit in the island, 16' dd refrig, plus vinyl sided, shingled roof, glamour tub with separate shower, marble foyer entrance only \$33,995. 2 bdr. 9 to 7 daily, Sunday 10-5. 207-989-7644 Luv Homes, Rt. 1A, Holden, ME 14-17

AWESOME \$45 week, \$1,150 down, 2 bdr, vinyl sided, shingled roof. (\$45 week = \$193 for 240 months) or \$22,995 (1996) apr 8.75% Daily 9-7, Sunday 10-5. 207-786-4016, LUV Homes (1 mile from Turnpike) 1049 Washington St. Rt. 202, Auburn, ME 14-17

LAST ONE 1996's are more money. "1995", 60x28, 3 bdr, 2 baths with roof dormer, 6' walls, deluxe carpeting, patio door, steel dr. (fr and rear, dishwasher, paddle fan, fireplace. Save \$7,000 now \$41,995. Daily 9-7, Sunday 10-5. 207-786-4016, LUV Homes (1 mile from Turnpike) 1049 Washington St. Rt. 202, Auburn, ME 14-17

\$950 DOWN quality built (5 yr. limited warranty) 14 wide, 3 bdr, \$169 for 240 months apr 8.75% var. or \$18,995. Daily 9-7, Sunday 10-5. 207-786-4016, LUV Homes (1 mile from Turnpike) 1049 Washington St. Rt. 202, Auburn, ME 14-17

WORTH THE TRIP: just under 2,000 sq. ft. of real beauty, imagine, the master bedroom has its own whirlpool, glamour bath, and french doors, to the very private retreat, in this 4 bdr, home with 2 baths, kitchen with 3 walls of cabinets, dining room, living room, den and utility room too. Plus dishwasher, 20 ft. side by side refrig, with ice in door, paddle fans, thermal windows. LUV Homes 1049 Washington St. Rt. 202, Auburn, ME 14-17

LOTS FOR SALE at Nordic Knoll. One acre, south facing, views of Sunday River, good soils, owner financing available - ideal location. From \$28,500. 824-2115 14uf

MOBILE HOME artesian well, big addition. Sunday River Road, Sunday Valley Acres. Wood stove, gas furnace \$50,000 or Best Offer. (207) 774-3093 14-22p

FOR SALE BY OWNER Condo at Mt. Abram. 2 bedroom, 2 bath, \$52,000. Call 207-933-9023. 16-17




Mahoosuc Realty
Corner of Main & Vernon Streets
PO Box 508, Bethel, Maine 04217
Tel. 207-824-2771 • Fax 207-824-2061




WE'RE ON-LINE!
E-Mail Address: mahoosuc@nxi.com


LEADING YOU INTO THE NEXT CENTURY BY OFFERING WORLDWIDE ADVERTISING EXPOSURE




ATTRACTIVE MAINE STREET PROPERTY
Newly Listed: Immaculately maintained Victorian in the heart of Bethel Village. Many original features, beautiful woodwork, flooring. 7 bedrooms with expansion potential. Large barn. Shown by appointment only.




PARADISE ROAD - 2 IN 1
Lovely restored farmhouse situated on Paradise Rd. Beautiful min. views, privacy and an area of nice year round homes. Main house has open beams w/dormer, 3 bdrms, family room. Attached separate house just 2 years old. Recently Reduced to \$295,500.



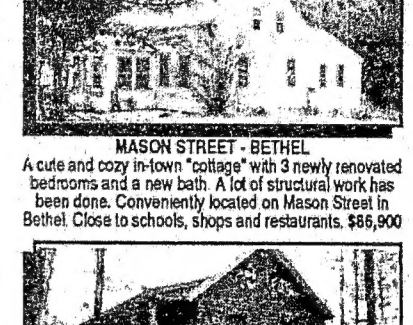
HISTORIC DISTRICT
Lovely Greek Revival located on Broad Street in the Historic District. Beautiful woodwork, lin ceilings, fireplace kitchen. 4 bdrms. main house, apartment and office space. Recently Reduced to \$229,500.



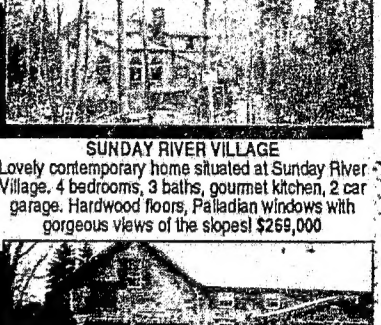
MAIN STREET - BETHEL
Spectacular newly renovated property built in 1895. Lovely ornate woodwork, 3 fireplaces. Several unique spaces, each with their own character. New roof, 2 new heating systems, interior decorating. A fantastic opportunity!



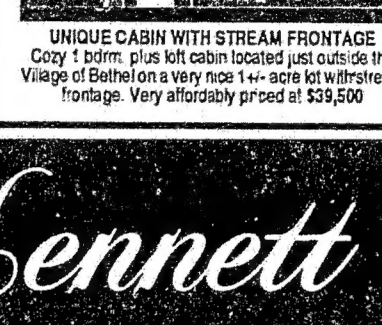
SUNDARY RIVER VILLAGE
Lovely contemporary home situated at Sundary River Village. 4 bedrooms, 3 baths, gourmet kitchen, 2 car garage. Hardwood floors, Palladian windows with gorgeous views of the slopes! \$269,000.



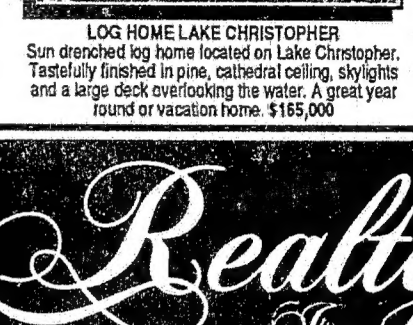
GREAT FAMILY VILLAGE HOME
This lovely and well maintained home has it all... an attached 2 car garage, enclosed front porch, rear deck, a very desirable in-town location and a great price! Easy walking distance to Concord Park School and area shops and restaurants. \$89,800.



MASON STREET - BETHEL
A cute and cozy in-town "cottage" with 3 newly renovated bedrooms and a new bath. A lot of structural work has been done. Conveniently located on Mason Street in Bethel. Close to schools, shops and restaurants. \$95,900.



LOG HOME LAKE CHRISTOPHER
Sun drenched log home located on Lake Christopher. Tastefully finished in pine, cathedral ceiling, skylights and a large deck overlooking the water. A great year round or vacation home. \$165,000.



UNIQUE CABIN WITH STREAM FRONTAGE
Cozy 1 bdrn. plus loft cabin located just outside the Village of Bethel on a very nice 1+/- acre lot with stream frontage. Very affordably priced at \$39,500.

For Sale By Owner

One of Rumford's very finest quality homes, loaded; 20 miles from skiway access road, away from the noise and emerging adolescents on the mountain, for mature family.

Executive home on large extensively landscaped lot for privacy with out-of-sight pool/patio. For winter ski lodge/home and headquarters for summer/other season activities; in-town estate retreat, 4 car garage with workshop; home approx. 3,800 sq. ft. with detailed Federal decor.

4 BR, 3 BBA, 2 1/2 baths, first floor master, 22x23 FR, 19x23 LR, double FP, exercise room. Replacement value at least \$400,000, a steal at \$185,000!

1-207-369-9049

BETHEL HOUSE APARTMENTS

MAIN STREET, BETHEL

Now accepting applications from persons 62 or older, handicapped, or disabled for subsidized apartments. Must meet certain income guidelines. Rent is 30% of monthly adjusted income, utilities included!

Some pets allowed.
Call or write:

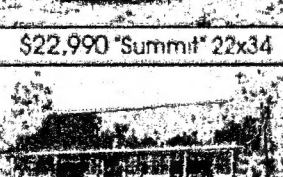
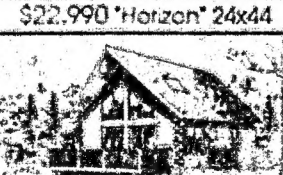
Liz: Coastal Management Co.
P.O. Box 1034
Portland, ME 04104
1-800-675-0808

Equal Housing Opportunity

LAND FOR SALE

Choose from over 100 models of custom design in full log, clapboard or contemporary vertical siding.

THRIFTY SPECIALS



Cimarron 2,344 square feet

\$22,990 "Horizon" 24x44

\$22,990 "Summit" 22x34

ALPINE RIDGE
Only 22 miles to Bethel!

\$22,990 "Apple Ridge" 24x30

Lincoln Logs
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We NEED a few good properties!

Last year was great and calls are already coming in for this year's Summer rentals.

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Kennett Realty Inc.

(207) 824-3187 ~ 824-HOME ~ 824-LAND


SPRING'S THE TIME TO ESTABLISH NEW ROOTS!



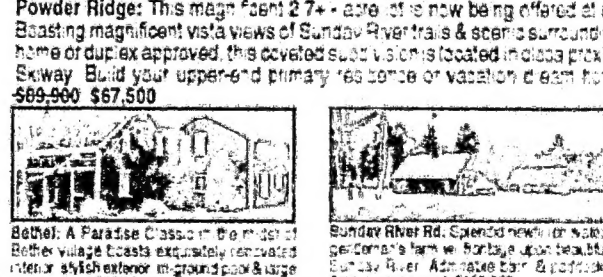
Powder Ridge: This magnificent 27+ acre lot is now being offered at a most inviting price. Enchanting mountain views of Sunday River and scenic surrounding mountains. 8 bdr home of choice approved. This developed estate is located in close proximity to Sunday River. Build your upper-end primary residence or vacation dream home amidst splendor. \$69,900 \$67,500



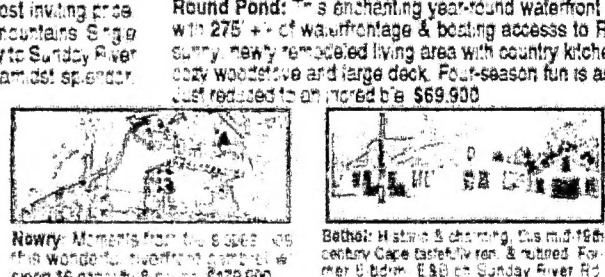
Round Pond: This enchanting year-round waterfront retreat is nestled upon a tranquil cove with 275+ ft. of waterfrontage & boating access to Round Pond & Sunday River. Enjoy its sunny, "new" remodeled living areas with country kitchen, 2 bedrooms and 2 1/2 baths. Wood flooring, cozy woodstove and large deck. Pool & season fun is assured with ski resorts moments away. Reduced to an incredible \$69,900.



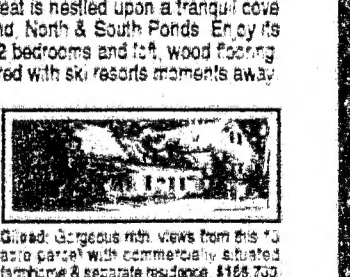
Newly Remodeled: This 3 bdr, 2 1/2 bath home is a true gem. It features a new kitchen, new floors, new paint, and a new roof. Located in a quiet neighborhood, it's a must-see. \$179,900.



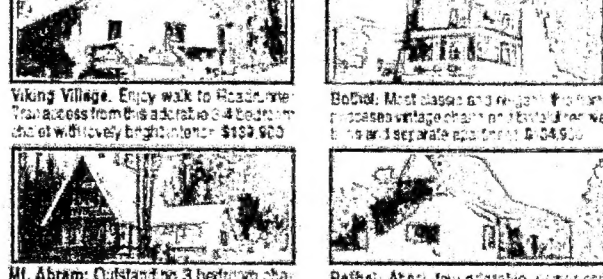
Bethel Home: A charming 3 bdr, 2 1/2 bath home with a full basement. It features a new kitchen, new floors, and a new roof. Located in a quiet neighborhood, it's a must-see. \$179,900.



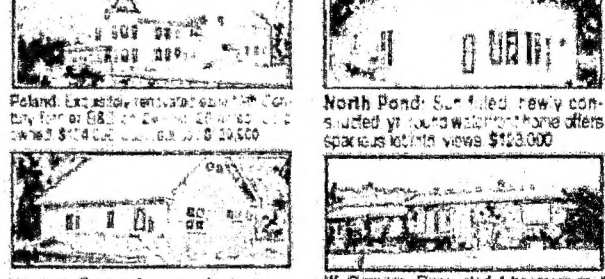
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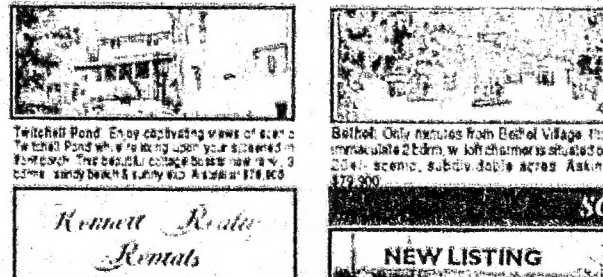
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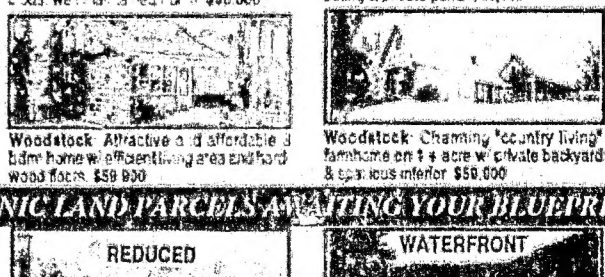
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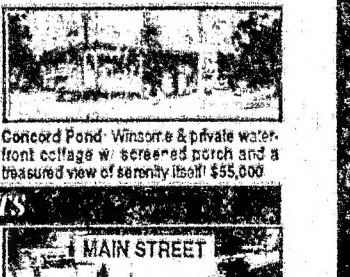
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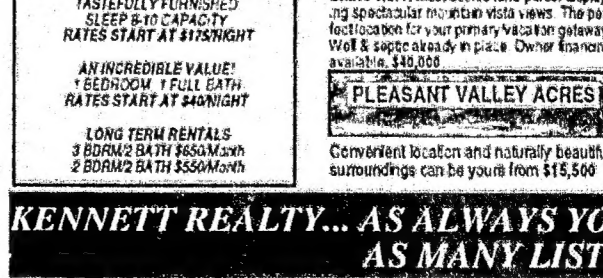
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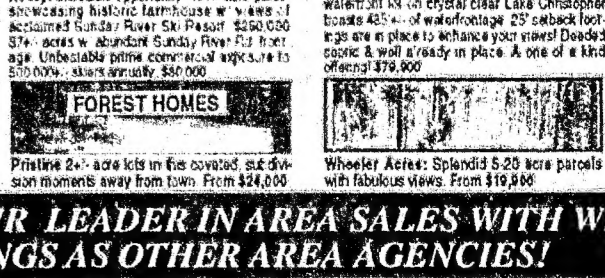
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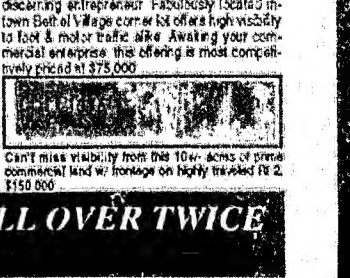
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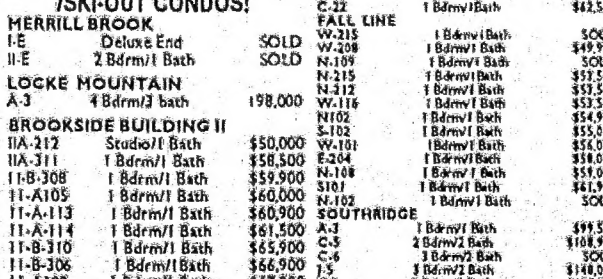
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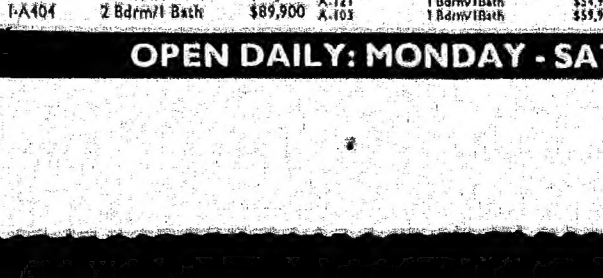
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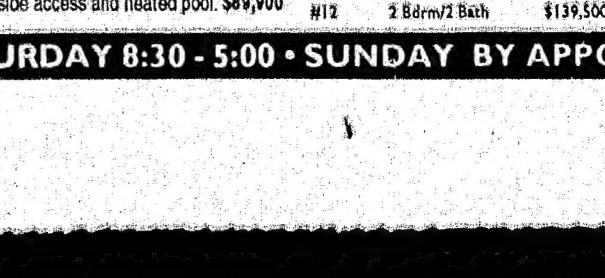
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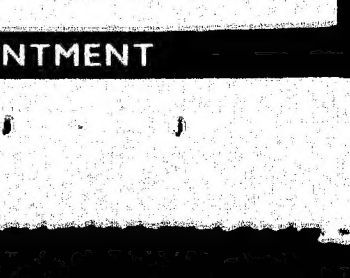
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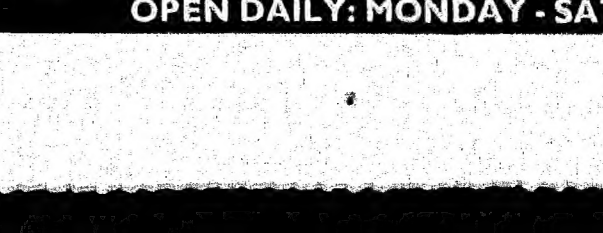
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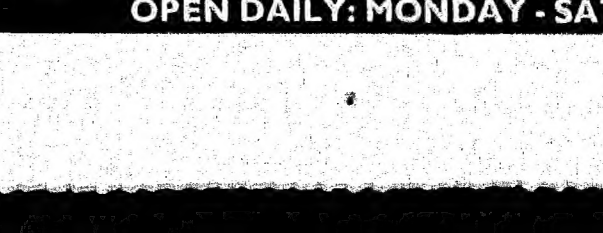
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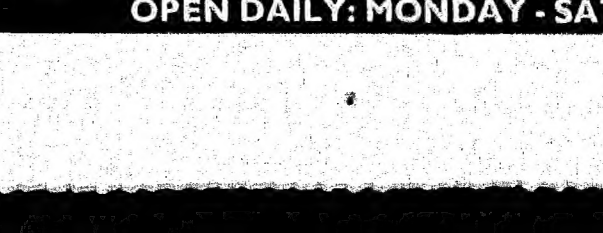
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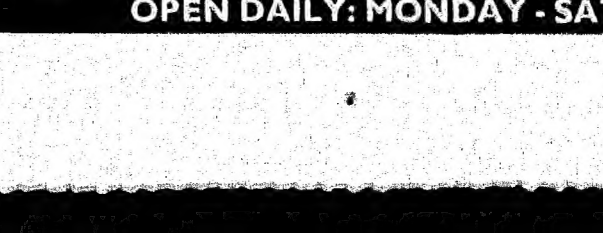
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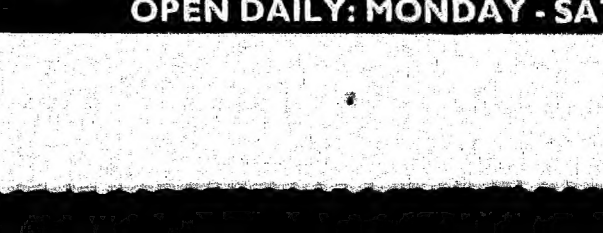
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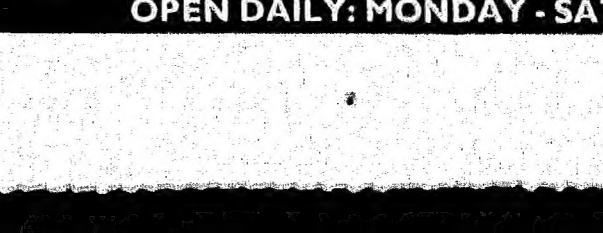
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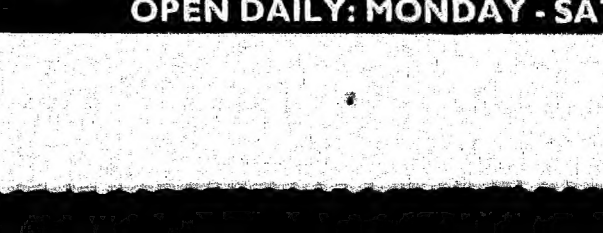
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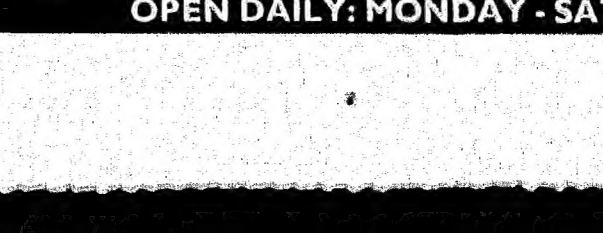
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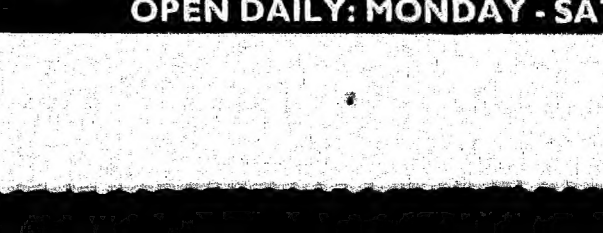
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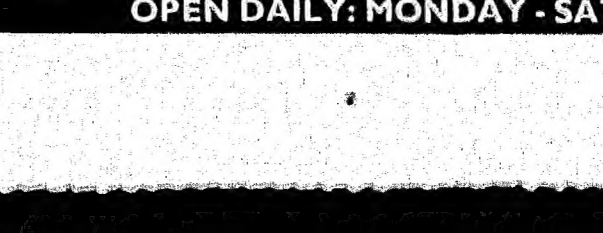
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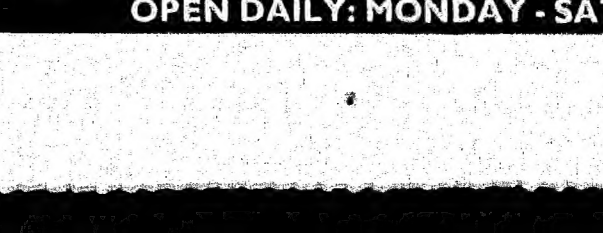
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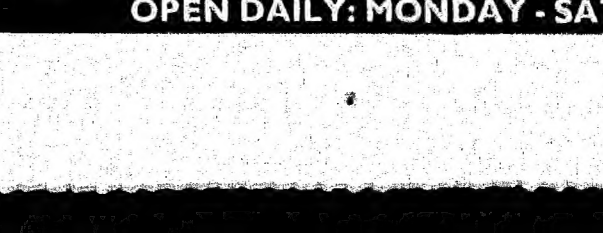
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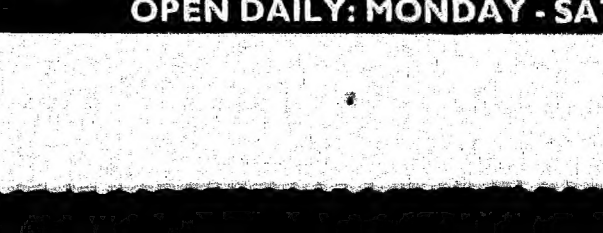
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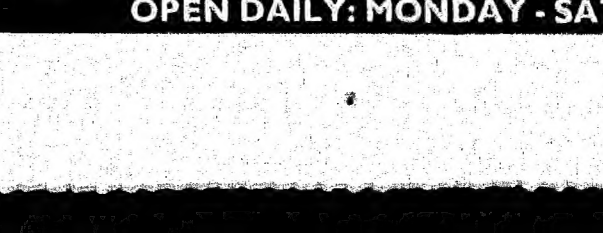
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Obituaries

NORMA C. HEIKKINEN

Norma (Cole) Heikkinen, 82, of West Paris, died Monday, April 15, 1996, at Stephens Memorial Hospital. She was the widow of Emil Heikkinen.

Mrs. Heikkinen was born in North Woodstock on Nov. 5, 1913, daughter of the late Burton and Susie (Billings) Cole and attended Woodstock and West Paris schools. She moved to West Paris in 1928 and on Nov. 3, 1929, married Emil Heikkinen, who pre-deceased her in 1975. A homemaker for the greater portion of her life, she at one time was associated with A.L. Stewart's of South Paris.

She was proficient in the Finnish language, which she learned to better communicate with her husband's family, and over the years served as a translator for many of the elderly Finnish population in their business transactions. She held membership in the Rebekah's of West Paris and South Paris, belonged to the Finnish American Heritage Society, and attended the Mission Congregational Church of West Paris.

Survivors include two daughters, Irene Redman of Bryant Pond and June Moore of Peru; two sons, Gilbert of Alameda, Calif., and Larry of South Paris; two half-brothers, Howard Smith of Pittsburg and Homer Smith of Poland; 12 grandchildren; 12 great-grandchildren;

and several nieces and nephews. She was pre-deceased by a half-sister, Thelma Clifford.

Memorial services were held at the Andrews Funeral Home, South Woodstock, on Sunday, April 21. Private interment will be in the Finnish Cemetery, West Paris. In lieu of flowers, donations in her memory may be made to the Finnish American Heritage Society, c/o Hugo Heikkinen, West Paris, ME 04289.

MABLE G. WALKER

Mable G. (Wilde) Walker, 66, of West Bethel died suddenly on Wednesday afternoon, April 17, 1996 at Maine Medical Center, Portland. She was the wife of Richard Walker.

Mrs. Walker was born in Gorham, N.H., on June 1, 1929, a daughter of the late Edward and Leota (Coriveau) Wilde. She attended Gorham schools and graduated from Gorham High School. She married Richard Walker in October of 1950 and had been a resident of West Bethel for the greater portion of her life.

She was a member of the Bethel Church of the Nazarene and Pleasant Valley Grange. Mrs. Walker enjoyed her grandchildren as well as knitting and sewing.

Besides her husband of 45 years, she is survived by a daughter, Diana L. Spelling of Bakersfield, Calif.; a

son, U.S. Navy C.P.O. Richard A. Walker of Bremerton, Wash.; three sisters, Lucille Wilson and Hilda Wilde of Bryant Pond and Dorothy Wilde of Cortland, N.Y.; five brothers, Donald and Earl of Cortland, N.Y., Edwin of Florida, Norman of Long Beach, C.A., and Yves of N.C.; five grandchildren; a great-grandchild; and several nieces and nephews. She was predeceased by a brother, Edward Wilde.

Funeral services were held at the Bethel Church of the Nazarene, Bethel, on Saturday, April 20. Interment will be in Pine Grove Cemetery, West Bethel, at a later date. Friends who wish may make contributions in Mable's memory to Bethel Church of the Nazarene, 40 Mayville Road, Bethel, ME 04219.

Card of Thanks

The family of Myra Foster would like to thank all our family and friends who were there before and through our very difficult time.

Thanks for your cards, prayers, food and words of comfort.

Thanks to Greenleaf Funeral Parlor. A special thanks to Dr. Eshelman and the Androscoggin Home Health girls. We would not have been able to keep her home, if it had not been for you.

Children, Grandchildren & Great Grandchildren

Grover - Morse

Mr. and Mrs. Robert Grover of Otisfield are proud to announce the engagement of their daughter, Corinna, to Darren Morse of Harrison. The future bride is a graduate of Oxford Hills High School and is employed by Norway Savings Bank.

The future groom is the son of Mr. and Mrs. Charles Morse of Rumford. He is a graduate of Telstar High School and is employed by Robert T. Folsom Company, Inc. of Bethel.

A Sept. 14, 1996 wedding date had been set.

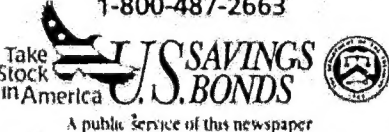
Sprague - Crothers

Dr. Chip Crothers of Portland and the Honorable Leah Sprague of Dover, Mass. are pleased to announce the engagement of their children, Kurt T. Simard and Lauren J. Crothers. Mr. Simard is the head alpine ski coach and Miss Crothers is the assistant director of admissions at Gould Academy in Bethel. A 1997 wedding is planned.

Roshto - Farrington

Gary and Jacquelyn Roshto of Newry announce the engagement of their daughter, Michelle L. Roshto to Peter J. Farrington. The groom is the son of Wanda and Peter Coolidge of Bethel and Peter and Colleen Farrington of Andover. A May 4, 1996 wedding is planned.

For a recorded message of current rate information, call 1-800-4US BOND 1-800-487-2663



Card of Thanks

Many thanks to friends and family for the many cards & flowers, visits and phone calls while I was in the hospital. Your thoughtfulness has helped speed my recovery.

Marjorie Barker

COMMUNITY CALENDAR

To submit events for the Community Calendar, you may bring in your copy to The Bethel Citizen or call the office at 824-2444, by noon on Mondays.

In Appreciation

Thank you for the many phone calls, sympathy notes, cards, food and flowers sent to me at the time of Esther B. Pierce's death, also for the donations given to the Whitman Memorial Library in her memory.

Evelyn T. Bean

THANKS...
Hometown Bakery
For 2+ years of good eating!

Births

Keith and Rebecca Ryerson of Bethel are pleased to announce the arrival of a baby boy, Austin Keith, born on April 16, 1996, at Stephens Memorial Hospital, weighing 7 pounds, 14 ounces.

Maternal grandparents are Joe and Sande Endicott of Locke Mills.

Paternal grandparents are Wanda Ryerson of Bethel and Craig Ryerson of Bethel.

Austin joins sister Hannah, 1 1/2.

Card of Thanks

On the Passing of my Mom
Alice M. Crockett

4-9-96

Thanks to friends, family & relatives for cards, donations and being there. Special thanks to Kendall Dowell Crew, Dr. Harbage, Lodgeview Nursing Home, Rev. John Grant & Rev. Roland Lord.

Son- Dale Crockett

Resolutions of Respect

Whereas our Heavenly Father has called our beloved sister, Olive Head, from earthly duties to the Great Grange above; and, whereas she will be greatly missed by the members of the Pleasant Valley Grange:

Resolved that we, the members of Pleasant Valley Grange #136 extend our sincerest sympathy to the bereaved family.

Resolved that a copy of these resolutions be spread upon our records; a copy be sent to "The Bethel Citizen" to be printed therein; and a copy sent to the family of our beloved sister as a token of respect.

Committee on Resolutions
Pauline T. Applin, Ina E. Grover
Jane W. Hosterman

Card of Thanks

The family of Emma Billings would like to thank all the family and friends who were there for us through this very difficult time.

Special thanks to the caring nurses at Stephen's Memorial Hospital, and Dr.'s Kieliszek, Smith and Ware for their compassion and support.

We would like to thank Robin McInnis and Jim Record for being there and sharing our vigil. It was much appreciated.

Also thanks to those who sent cards, flowers, food or just stopped by. And a special heartfelt thanks to Roland Lord.

God Bless You All.

Linda & Roland Tyler
Louise & Alan Chapman
Mac & Tammy Billings
Sue & Tony Silver

WEDDINGS • BIRTHS • DEATHS

To submit notices, you may bring in your copy to The Bethel Citizen before 5 p.m. on Fridays to be considered for publication the following Wednesday.

Send information to: Editor,
The Bethel Citizen, PO Box 109,
Bethel, Maine 04217

Answers to Super Crossword

APPE	AWES	JONAN	WON	GOSTA	
CRYS	TAL	OPER	STOLS	CREDO	UTER
STEER	STIL	ED	DTTO	GREDE	RDE
	NAPIS	ALLAH	EDNO		
SHEP	TRIT	SEVE	EDNO	NOUNS	FIFT
FLAM	CROSS	TRAIT	AMWL	CHAR	HERO
	PODS	NESS	HITE	ONE	RED
BAHA	PON	ONE	ONE	ONE	SILL
ASIA	KRIS	ONE	ONE	ONE	ONE
FRAN	DOO	ONE	ONE	ONE	ONE
ANSEL	DOO	ONE	ONE	ONE	ONE
	FREUD	ONE	ONE	ONE	ONE
CAR	ANE	ONE	ONE	ONE	ONE
TRIN	ANE	ONE	ONE	ONE	ONE
WAKE	ANE	ONE	ONE	ONE	ONE
ASS	ANE	ONE	ONE	ONE	ONE